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Bella

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RICHARD 'narrowly avoids the axe'

EXCLUSIVE

EAMONN & RUTH'S 'UGLY BATTLE' over £3.6m home

'My dear gran was stabbed to death **IN HER BED**'

BREAKING NEWS

'LORRAINE TO QUIT!'

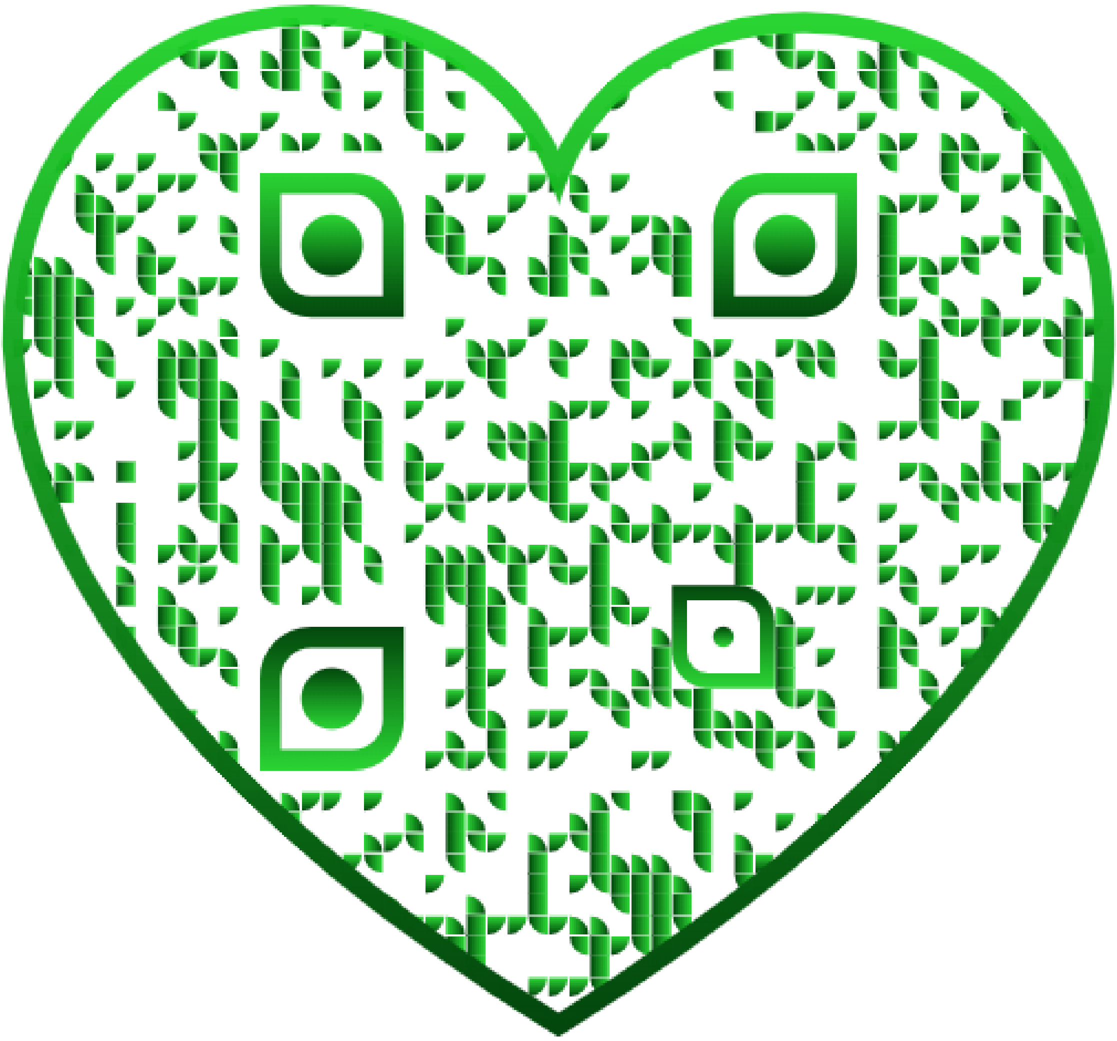
Insiders reveal 'ABSOLUTELY FURIOUS' star will leave next year

Slimming WORLD

'How I lost 6st and STILL eat choc and burgers!'

HOLIDAY HEROES from £10

CHARLES & CAMILLA ON TOUR!
Royal lovebirds in Canada



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this week in bella

HAPPY 60TH LIZ!

The iconic model and actor celebrates the big day on 10 June

She's been back in the spotlight recently, thanks to her rather unexpected relationship with singer Billy Ray Cyrus, but Elizabeth Hurley also has another reason to celebrate – she's turning 60!

And the *Austin Powers* star, famous these days for her bikini range and for not being afraid to show off her incredible figure on Instagram, is embracing the new decade. She said recently, 'It gets better in some ways. I just feel that as you become more confident, you really know your friendships. It's so meaningful when you've been with people through their ups and downs, they've been with you and it makes life very rich.'

Liz will no doubt be spending some quality time with her son Damian, 23, from her previous relationship with ex Steve Bing, as well as with her new love, Billy. The pair went Instagram official earlier this year – although it turns out they had been dating privately for some time, having met on movie, *Christmas in Paradise*, which was shot in 2022.

P26
RapidBrow

P38
HOTEL Chocolat.
Happy Father's Day

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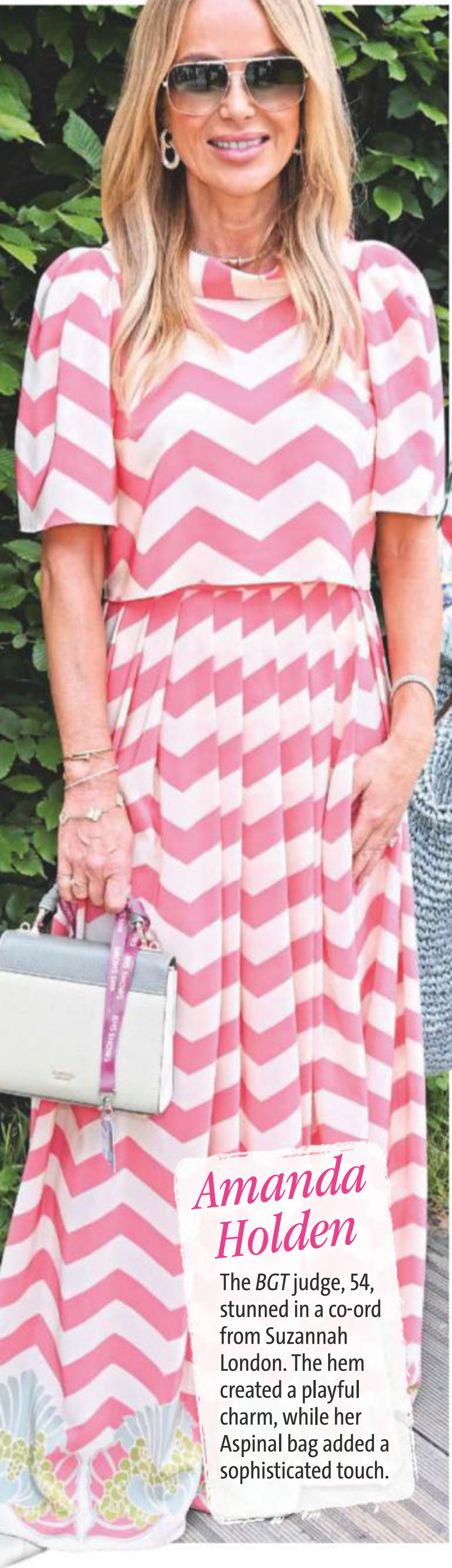
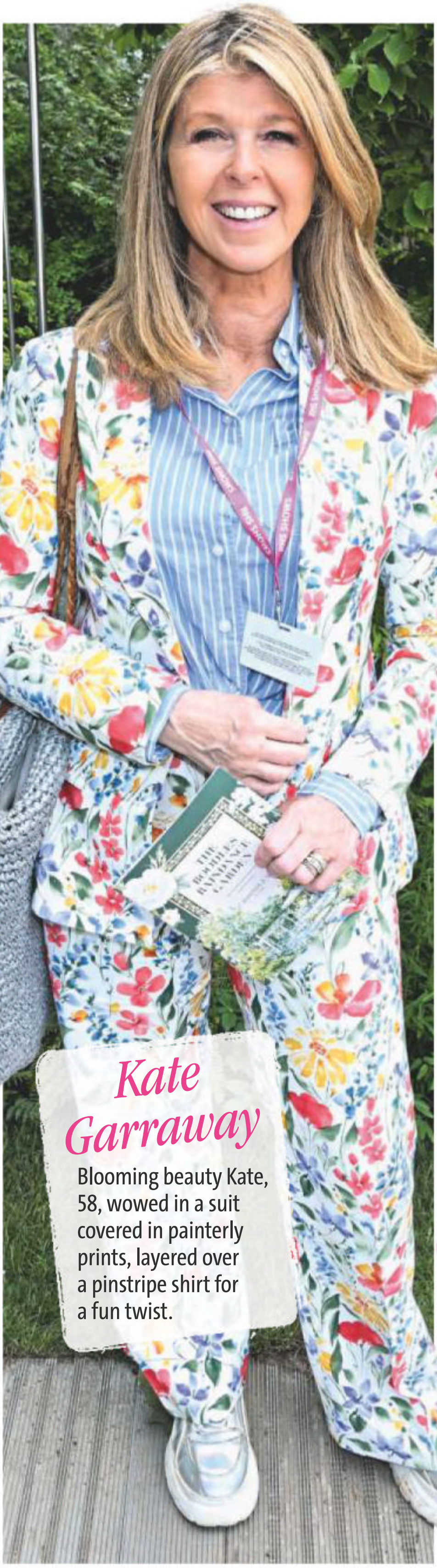
By Stephen Leng, **Cover Pictures:** RUSHEN / BACKGRID, Alamy Stock Photo Shutterstock, Getty, Getty. **This page:** Getty

Garden Gl



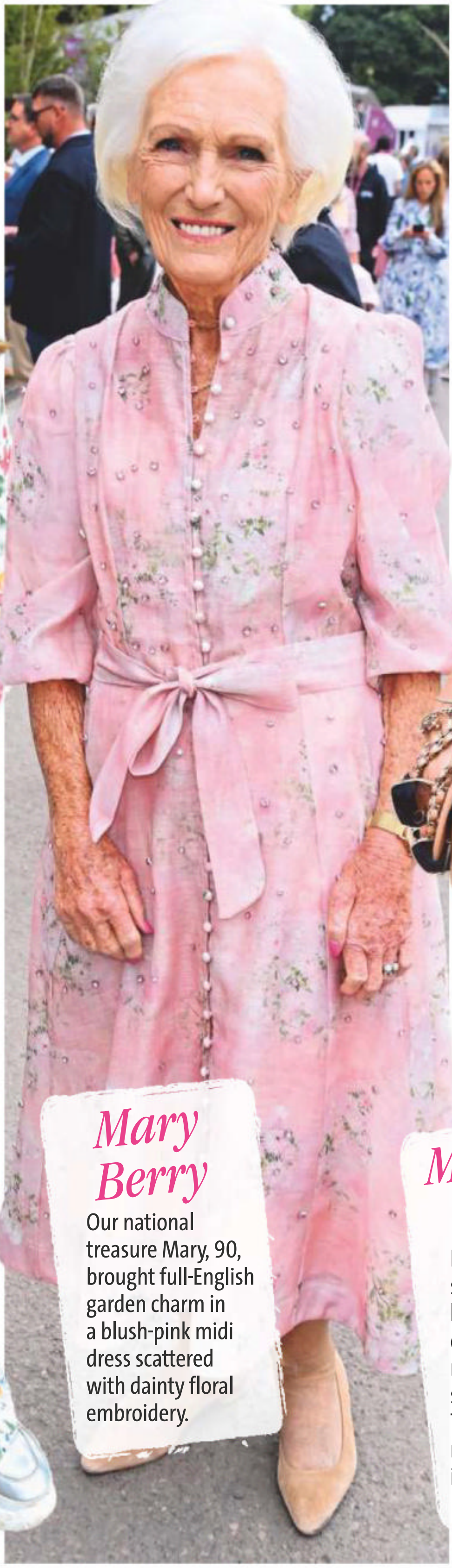
Amanda Holden

The *BGT* judge, 54, stunned in a co-ord from Suzannah London. The hem created a playful charm, while her Aspinal bag added a sophisticated touch.



Kate Garraway

Blooming beauty Kate, 58, wowed in a suit covered in painterly prints, layered over a pinstripe shirt for a fun twist.



Mary Berry

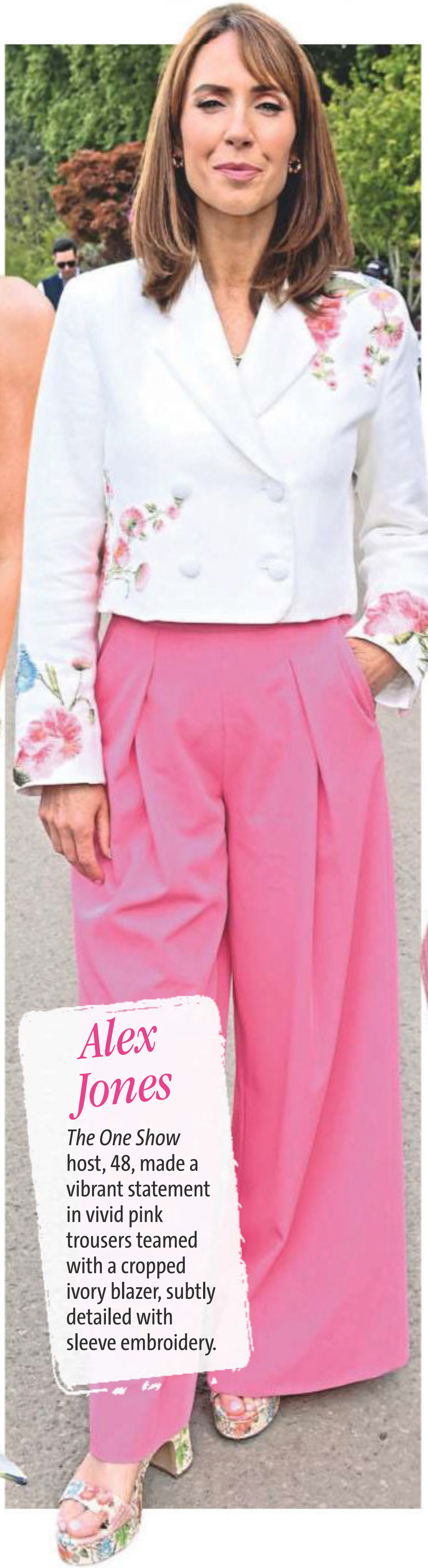
Our national treasure Mary, 90, brought full-English garden charm in a blush-pink midi dress scattered with dainty floral embroidery.

Myleene Klass

Former Hear'Say singer Myleene, 47, looked like a pastel dream in a printed maxi that oozed summer elegance. The ruffled layers moved beautifully in the breeze.

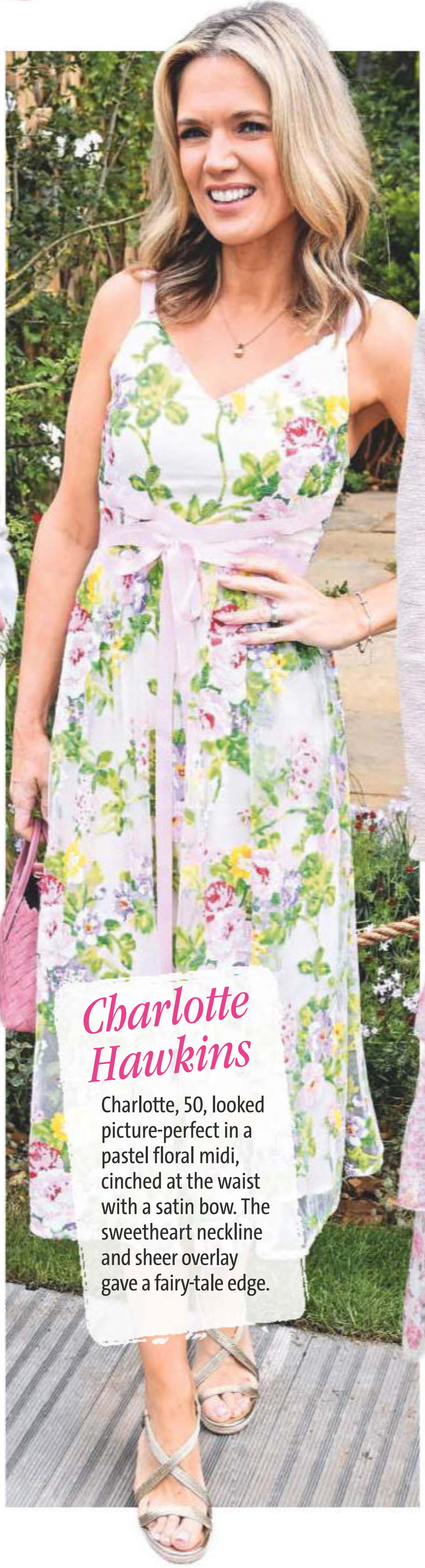
amour

Our favourite looks from the RHS Chelsea Flower Show...



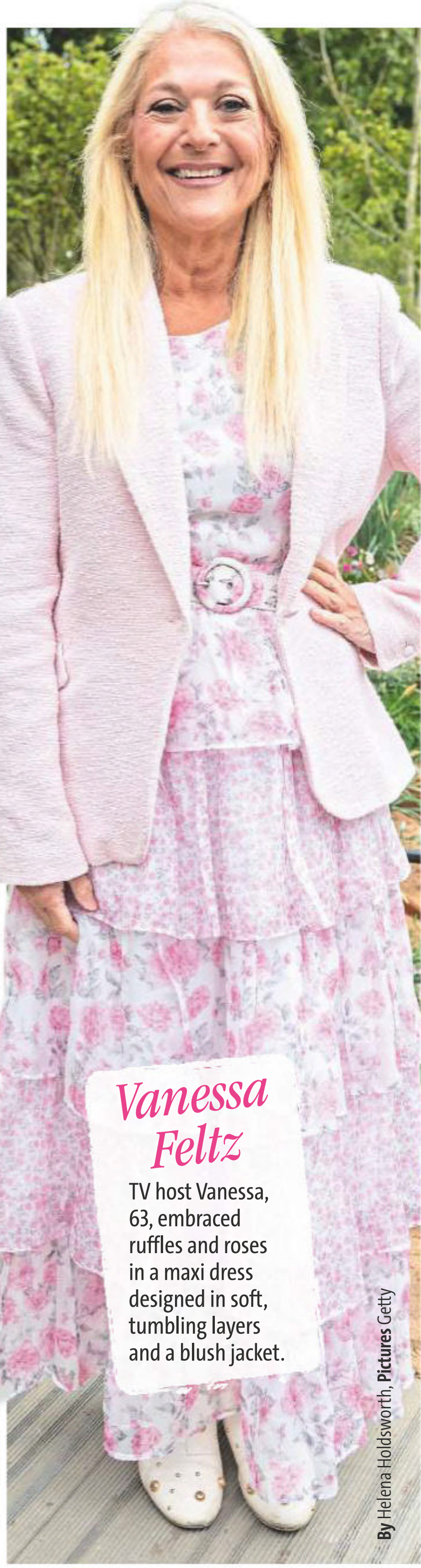
Alex Jones

The One Show host, 48, made a vibrant statement in vivid pink trousers teamed with a cropped ivory blazer, subtly detailed with sleeve embroidery.



Charlotte Hawkins

Charlotte, 50, looked picture-perfect in a pastel floral midi, cinched at the waist with a satin bow. The sweetheart neckline and sheer overlay gave a fairy-tale edge.



Vanessa Feltz

TV host Vanessa, 63, embraced ruffles and roses in a maxi dress designed in soft, tumbling layers and a blush jacket.

By Helena Holdsworth, **Pictures** Getty

Ruth and Eamonn's house battle

The *Loose Women* presenter has sought to protect herself and her home from her ex

A new battle has opened between Ruth Langsford and Eamonn Holmes in their ongoing and protracted divorce – their £3.6 million Surrey home.

The 65-year-old *Loose Women* star has been granted a 'severance of joint tenancy', according to publicly available documents, meaning that if she was to pass away before her estranged husband, her share of the house would not go to him. Sarah Dwight of the Law Society explained to *The Sun*, 'One of the first things divorce lawyers do is to give their clients the option to sever the joint tenancy, so they can leave their share of the house to whoever they want. This move protects Ruth in that, if she were to die, she can leave her wealth to whoever she wants, rather than Eamonn getting everything.'

While Ruth and Eamonn – who share son Jack, 23 – split after 14 years of marriage last year, the divorce continues to rumble on, and our source says it is still a difficult area. We're told, 'They are still having to battle over things like their marital home and it's been getting increasingly ugly. Their communication is not great at all and mainly being conducted through lawyers. She's not sure how Eamonn and his legal team are going to react to her actions, and she's aware that things could get worse.'

Ruth currently lives alone in the six-bedroom, five-bathroom house in Weybridge, with Jack away at university and Eamonn, 65, having moved into a small penthouse flat in nearby Kingston. He has also been spending time in Yorkshire with new girlfriend Katie Alexander, 43.

Meanwhile, Ruth is said to be nervous about her job prospects amid the sweeping changes being made at ITV's daytime offering. *Loose Women* is being cut to a seasonal show that runs just 30 weeks a year and, while it is thought it will remain an hour long, it's reported that some of the panellists could be axed to save costs.

Our source added, 'Ruth has been finding it so challenging and tough. But getting all glammed up to be with her colleagues on *Loose Women* is a lifeline for her, a much-needed escape. The idea of that being in jeopardy terrifies Ruth. She's worried about finances and her job of course, but it's also so much more than that. The show gives female voices a platform to make their opinions heard, something that Ruth really believes in.

'She's also aware that many women watching have either been through a divorce or might be going through one, and perhaps even see Ruth as a role model. It's a real passion project for her, more than just a job.

'She's been devastated about it potentially changing in any way. For now, Ruth is trying to stay calm and focused. But she's also fretting about her divorce taking another ugly twist.'

JESY'S TWIN UPDATE

Former Little Mix star, Jesy Nelson, has shared an update on her twin daughters after giving birth.

The 33-year-old welcomed Ocean Jade and Story Monroe with boyfriend Zion Foster, 26, at 31 weeks and has spoken about feeling 'scared and overwhelmed' in a neonatal intensive care unit (NICU).

She shared with her fans, 'Nothing or no one will ever be able to prepare you as a parent for NICU'

Jesy – who left the *X Factor* winning band in 2020 – said her heart broke 'into a million pieces' as she wanted to 'comfort them when they cry.'

Martin's sex confession

Martin Kemp shocked the *Loose Women* panel when he spoke about his and wife Shirlie's bedroom antics.

Discussing whether couples should schedule sex, Martin, 63, let slip he 'feels pressure' to enjoy some intimate time with his wife of almost 40 years.

He said, 'If I had to look in my diary and it says *7:30pm on a Thursday*, I'm going to do it… I don't think it works. I even feel pressure if it's a Sunday morning.'

When the audience laughed, Martin responded, 'Oh so everyone in here does it on a Sunday morning? I know. But I do! I feel that pressure.'

By Stephen Leng, **Pictures** Getty, Shutterstock, Instagram, Alamy, Imago, Splashnews

Family support

James Middleton has candidly opened up on how his sisters Kate and Pippa have supported him through his struggles with mental health.

The 38-year-old has previously spoken openly about living with depression and his diagnoses with dyslexia and attention deficit disorder.

In a new interview, James said his sisters Kate, 43, and Pippa, 41, have seen him 'at my best and at my lowest'.

He said, 'Sibling love is something unique, you can't choose your siblings. It can be complicated, it takes work, but when it's strong, I believe it's one of the most powerful bonds there is.'

WEEK IN PICS

The Greek Job

After their successful shows in Italy and Spain, Amanda Holden and Alan Carr are back with a brand-new restoration project – this time taking on Greece. Amanda, 54, and Alan, 48, posted a pic to social media, saying, 'And so it begins! We're in Corfu – let's build a house!'

Bride to be!

Love Island star Dani Dyer enjoyed her Ibiza hen-do by cosplaying as her fiancé! The 28-year-old, who is gearing up to marry West Ham attacker Jarrod Bowen, shared snaps on Instagram of herself dressed in a Hammers kit.

Loved up?

They've kept us guessing over the status of their relationship since *Celebrity Big Brother*, and now it seems singer JoJo Siwa, 22, and Chris Hughes, 32, have confirmed their romance, as they've been spotted holding hands and looking loved up on holiday.

'Insulted' Lorraine's 'fury' over BIG CHANGES

The star is poised to quit her daytime show amid ITV's shock shake-up

Lorraine launched *GMTV* in 1993

The recent brutal cuts across ITV's daytime shows have left no one unaffected, even the network's top names. With *Loose Women*, *Lorraine* and *Good Morning Britain* all facing huge changes in terms of airtime and rumoured job losses of more than 200, a number of long-running staff are said to be upset by the shake-up – especially Lorraine Kelly.

It's claimed Lorraine, 65, turned down an 'insulting' offer to merge her self-titled chat show – which will be cut down from an hour to 30 minutes – with *GMB* and is reportedly 'prepared to walk away' and quit for good next year. The programme – which Lorraine has fronted for 14 years – is being cut to the format previously adopted during the COVID-19 pandemic. From January 2026, *GMB* will be extended by 30 minutes, with Susanna Reid said to be in talks to renegotiate a longer-term two-year contract to be the 'face' of the network. In the new plans, *Lorraine* will air from 9.30am to 10am for 30 weeks per year, and *Loose Women* will also be cut to 30 weeks.

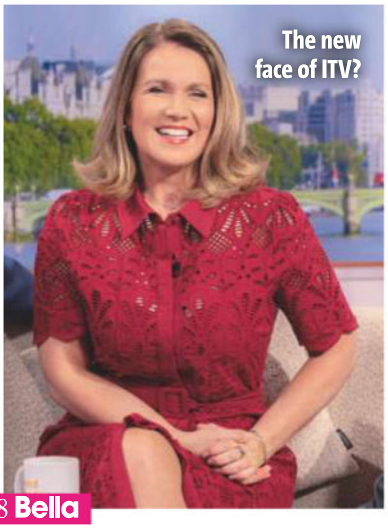
'She's certain to leave'

'Lorraine was pulled into a meeting with bosses where she was told about *GMB* being taken over by ITN ahead of the public announcement. It was proposed that her show would merge with *GMB* so that she presented the last 30 minutes of the broadcast. But she told them "no" and said it wasn't even a possibility,' an insider revealed. 'Fast forward two weeks and the channel announced her show would be cut from an hour to 30 minutes. The entire thing has been an insult and she's certain to leave in 2026.'

ITV are advertising for a new role for 'Head of Lorraine' to oversee the changes, but it is only a 12-month contract. Due to the upcoming restructure, there will be a reported 220 redundancies from the ITV Daytime teams. *Lorraine* staff are said to have been 'in tears constantly', as the show has recently celebrated its highest ratings in four years.

A telly source said, 'Lorraine was asked if she wanted to retire, having just celebrated her 40 years on breakfast TV, but she instead chose to see out her contract [which ends next year]. She is a hugely valued member of the ITV history and is likely to do other shows at the channel, with some thinking she may explore documentaries, travelogues and passion projects.'

Lorraine began on the channel as *TV-am*'s Scotland Correspondent in 1984. She launched *GMTV* in 1993 before being given her own show in 2010. 'It is mortifying for Lorraine. Imagine, after all of those years, having your show decimated in



The new face of ITV?

Recuperating with granddaughter Billie

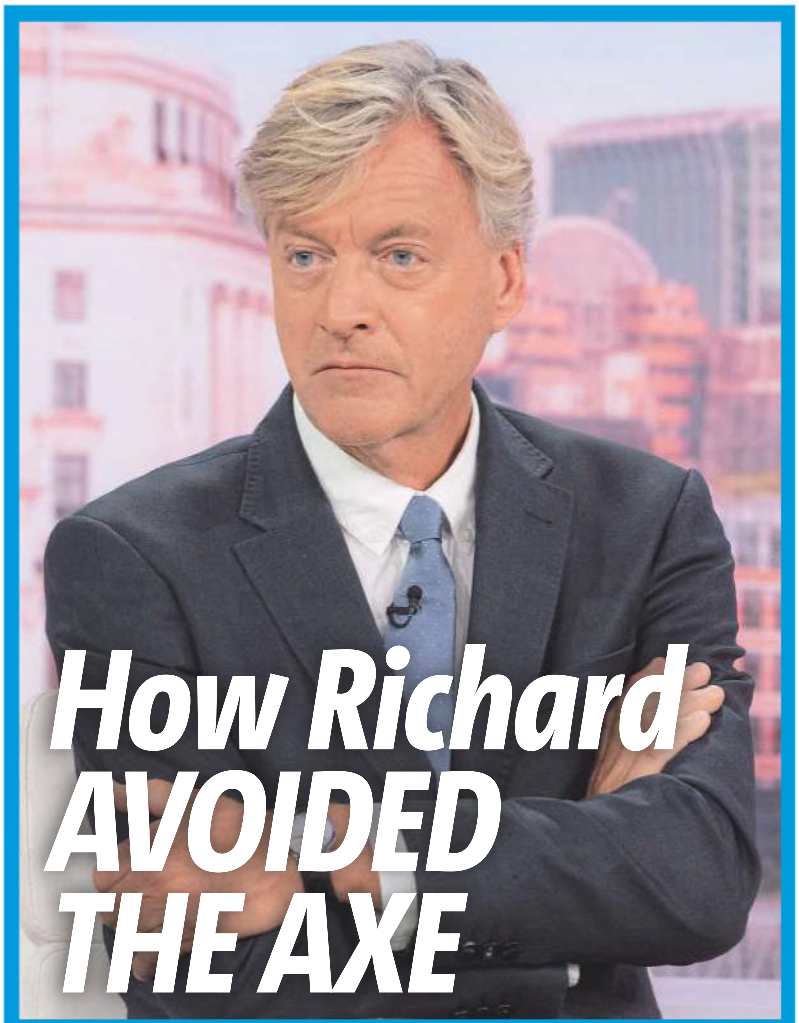
such a way,' a source said. 'She's a grandmother now, she's 65, she could get work elsewhere and knows that. So now ITV are waiting on tenterhooks to see if she will decide to walk altogether.'

Some reports claim that Lorraine lost favour with viewers after her successful appeal against HRMC in 2019 over a £1.2million tax bill – where she claimed to be a 'theatrical artist' and 'self-employed star' rather than an ITV employee. This led to her losing credibility and 'relatability' with some viewers, according to an insider. In her case, Lorraine claimed that she was 'a persona of herself' when she presented the show, performing a role 'of a friendly, chatty and fun personality'.

An ITV source revealed that this didn't sit well with fans. 'Lorraine has always been viewed as the giggly, down-to-earth host,' they said. 'She was seen as someone who the viewers had something in common with. But when the tax issue happened, things changed. Yes, she saved handing over a lot of money, but at what cost?'

'It's mortifying for her'

The work woes are the latest blow for Lorraine, who has been recovering after undergoing preventative surgery to remove her ovaries and fallopian tubes.



How Richard AVOIDED THE AXE

He may be one of ITV's stalwarts but Richard Madeley narrowly avoided losing his *Good Morning Britain* job amid ITV's latest shake-up. The presenter was reportedly told that his £300k contract would not be renewed on its current terms when it expires in December before he negotiated a new deal to go part-time, following a showdown with TV bosses.

'This one has really rocked the ITV corridors because Richard is such a big name and legend of daytime telly. Word started to spread he'd been axed, but two days later it became apparent Richard had a meeting with the network's most senior bosses and he's now being kept on in a more part-time role. He's got himself back on the show – but his hours have been significantly cut,' an insider revealed.

Richard was once one half of ITV's golden couple alongside wife Judy Finnigan when they co-hosted *This Morning* together for 13 years. He made his return to daytime telly in 2021 after Piers Morgan quit *GMB* in a row over Prince Harry and Meghan Markle. He often presents the programme alongside Susanna Reid, Kate Garraway, Charlotte Hawkins or Ranvir Singh.

Richard, who turned 69 last month, opened up about being the 'only working OAP' at *GMB*. 'I am struck with a genuine sense of disbelief. Surely there must be a way of somehow winding the clock back to the age that I actually feel (which is about 35)? Sometimes I feel like a walking, talking memory stick,' he wrote in his *Express* column. 'But however young you might feel inside, there can sometimes be almost brutal reminders of the passage of time.'

With Kate Garraway

By Shereen Low, **Pictures:** Shutterstock, Instagram

Prime Minister Carney praised 'historic ties'

Meeting indigenous leaders

Camilla opted for a Canadian-themed brooch

Tree planting is a symbol of friendship

Charles HIT C

Huge crowds come out

Following a year of health struggles, King Charles and Queen Camilla slipped firmly back into royal life – jetting off to Canada for a two-day visit. The trip was described by Canadian parliament as a 'reminder of the bond between Canada and the Crown.'

Charles, 76, and Camilla, 77, touched down in Ottawa to a huge fanfare last week, greeted by Prime Minister Mark Carney and other national indigenous leaders. Among the crowds of well-wishers were schoolchildren, who gifted the Queen a bouquet of flowers. Some of the children are enrolled in the Duke of Edinburgh programme – a global youth development launched by Prince Philip, the King's late father, back in 1956.

Dressed head to toe in pink, Camilla paid tribute to Canada in the form of a sparkling maple leaf-shaped brooch, given by King George VI to the Queen Mother back in 1939. Passed down to the late Queen Elizabeth II, the brooch has since been loaned out to other royals, including the Princess of Wales.

Soaking up the Ottawa sunshine, the duo headed off to a nearby park, with the King taking part in a ceremonial street hockey puck drop. Working up an appetite, the royal couple were then invited to sample the local wares – including a Canadian classic of maple syrup treats.

Charles and Camilla later took part in a poignant ceremony at Rideau Hall, planting a Blue Beech

Touching down in Ottawa, Canada's capital city

Joining in with the puck drop

The King delivered a historic speech while in the city

& Camilla ANADA!

to celebrate the royal visit

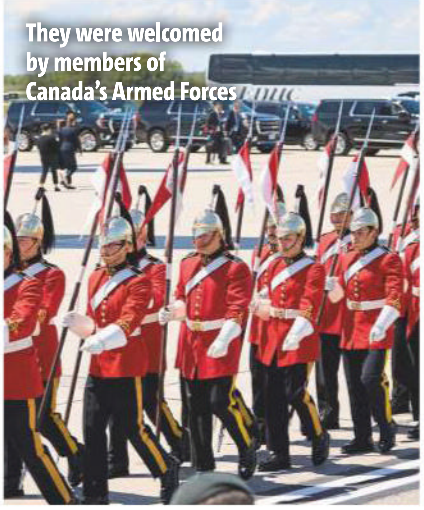
tree, native to North America. Symbolising friendship and co-operation, it's the fifth tree planted by nature-loving Charles – who is still undergoing treatment for an undisclosed cancer – in Canada.

On Tuesday, the King went on to deliver the Speech from the Throne to Parliament. It was a momentous occasion, marking the first time in 50 years that a monarch has delivered the speech. In it, he said that 'Canada was ready to lead' and received huge applause from the assembled members of Parliament. Their visit comes amid uncertainty for Canada, following US president Donald Trump's comments that the country is 'meant to be' the 51st state of the US. The message of the King and Queen's whistle-stop meeting was diplomatic and clear, a show of support for Canada's sovereignty.

A source told the BBC, 'The King has long experience and great skill in walking that diplomatic tightrope. He's held in high regard around the globe and across the political spectrum, with good relations with world leaders, who understand his unique position.'

According to Buckingham Palace, the royal couple hope their two-day visit to the Commonwealth nation will be 'impactful' – and indeed, the impact was felt by locals. One individual told the BBC, 'Canada feels threatened and scared,' as another added, 'It means a great deal to have the King standing side by side with Canadians.'

The pair sampled local delicacies...



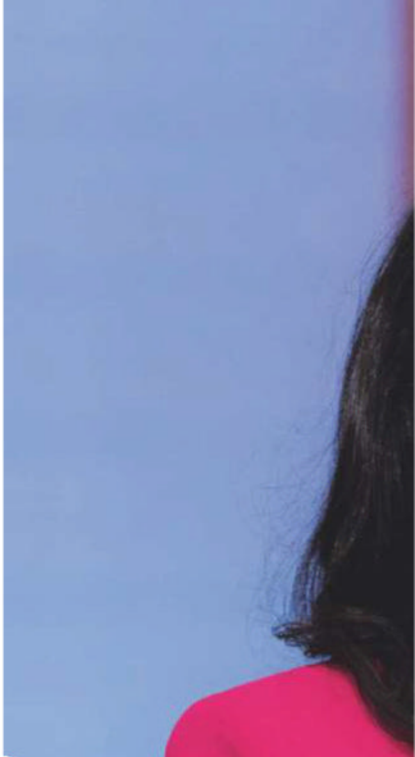
They were welcomed by members of Canada's Armed Forces

His Speech from the Throne was well-received

By Lottie Roberts, **Pictures** Alamy, Getty, Shutterstock

Lesley: 'I feel MUCH FREER now I'm older'

The *Birds of a Feather* legend talks ageing, career dreams, and reality TV



The star is turning 80 this October

With Pauline and Linda

With decades of experience under her belt, Lesley Joseph is one of this country's best-loved actors. Most famous for playing suburban snob Dorien Green in *Birds of a Feather*, Lesley, 79, found herself as one of TV's most iconic comic characters – creating a national institution out of the neighbour from hell. Since then, the star has swapped the TV screen for the stage – heading out on tour this summer as Grandma in *The Addams Family*. Now, the actor tells *Bella* about feeling 'fit as a flea' ahead of her 80th birthday, her close friendship with Pauline Quirke and Linda Robson, and the time she blessed the Pope…

> 'Dorien is still iconic'

Lesley finds ageing 'liberating'

People know and love you as Dorien from *Birds of a Feather*. Do you mind still being associated with that role?

Not at all, because that's the role that means I can do what I'm doing now. It's the role that made people sit up and think, and the role that led to huge acclaim, in a way. It was what made people know my name. Dorien was a huge, iconic figure – and still is! I can't deny the success of that. *Birds of a Feather* was regularly watched by up to 20 million people in the beginning. These days, very few shows get that kind of audience. To be honest, thank God for Dorien!

Following Pauline Quirke's heartbreaking dementia diagnosis, ITV announced in March they have no plans for a new series… Will you miss working with Pauline and Linda Robson?

Of course. There was great chemistry between the three of us. When you've known somebody for over 30 years, you can't help being close. My first memory of Pauline

The trio have remained close

and Linda was going to The Ritz to meet them. I was terrified because they'd known each other all their lives and I was just coming in, but we got on like a house of fire.

You're celebrating a big birthday this year! How do you feel about turning 80 in October?

Sometimes I can't believe how old I am because I've got so much energy. I feel much freer now I'm older, because I'm working in a different way. I've got to this age and can be who I am, do what I want, and I am free to do that. It's very liberating. I still feel that I've got a long way to go, though. I'm fit as a flea and there are a few things I'd like to do before I retire. I still don't think a lot of people take me seriously, in terms of the fact that I've never worked at the National Theatre, for example. Maybe my name is thought of as the lowest common denominator. I would love to go to the National to do a Restoration comedy such as *The Rivals, School for Scandal* or *She Stoops To Conquer,* which I could do standing on my head. My name is out there, and most people know what I am capable of. I'm not saying that I haven't been successful though, because I have. I have a lot to be grateful for.

Performing in *Sister Act: The Musical*

> **'Birds changed my life'**

What have been some career highlights?

Firstly, *Birds of a Feather* because it changed my life forever. Also playing Frau Blücher in *Young Frankenstein* and working with the brilliant Mel Brooks – for which I was nominated an Olivier Award in 2018. But my most memorable moment was going to the Vatican [when appearing on BBC's *Pilgrimage: The Road to Rome*] and spending an hour with the late Pope Francis. I made him laugh because I held his hand in mine and said, 'Bless you.' Only I could bless the Pope! I still get a bit teary when I think about that experience.

You've done *Strictly*, but would you ever be interested in going on *I'm a Celebrity... Get Me Out of Here*?

I don't particularly want to go into the Jungle just as a way to get my name back up there. I think some reality television can be very amusing and interesting – for example, *Strictly* and *Dancing on Ice*, when you've got people who are learning skills and entertaining. Reality TV is slicing into drama, and I do think it's a very slippery slope if we go completely down that road. I wanted to take part in *The Traitors*, but they didn't want me.

You'll be on the road again with the UK tour of *The Addams Family*. Do you love touring?

I guess I was born in a trunk, really. I'm very lucky because, when I work on a show, I'm meeting with people all of the time, and there are people from every age group. I always try and take two or three good friends away from every show.

● *Lesley Joseph will be starring as Grandma in The Addams Family UK Tour from July. To book, visit theaddamsfamily.co.uk*

By Steve Cain, **Pictures** Shutterstock, Getty, Backgrid, Alamy

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BREAKING NEWS

HARRY 'WENT BALLISTIC' OVER EUGENIE

The pub trip that ended his final tie with the royal family

Kate's world tour

23-pages of our Princess's incredible travels

- The latest twist in Prince Harry's ongoing family rifts
- Prince George: How Kate and Wills are preparing for his exciting future
- Beauty, fashion, interiors and cookery ideas inspired by the royals

PLUS, a 23-page album on Princess Catherine's iconic tours

ON SALE NOW!

bella debate

When two women were snapped heading into a supermarket one evening dressed in their nightwear and dressing gowns, it sparked huge debate. *So we ask…*

Is it ever OK to go to the shop in your pyjamas?

No

‘Pyjamas are for bed, and for bed only’

Michelle Rowley, 46, journalist

Even when I struggled to get to the shops with three children under the age of 18 months, I would never have considered giving up what little dignity I had left by wandering the nappy aisle in my sleepwear of shame. I'd have been announcing to the world that I'd completely given up and had no self-respect left.

Those babies are now teenagers, so my mere existence is an embarrassment, but being seen paying for a bottle of Sauvignon Blanc in my fluffy green onesie would no doubt mean their lives were ruined forever. I also don't need to run the high-stakes gamble that I might see my boss, neighbour or children's teacher.

I'm not four years old. I'm quite capable of getting myself dressed, even if it's late at night and I'm just popping out for a pint of milk. Seeing a toddler in a matching flannel set in the aisles is endearing. But a fully grown woman in her 40s? I think not.

I got dressed every day of lockdown. Even with nowhere to go, I felt it was important to make a clear distinction between night and day. Pyjamas are for bed, and for bed only. Why would you want to settle down for the night in clothes that have been exposed to all the dirt and germs in a supermarket? Let's keep our standards and our sleepwear sacred. If not, what's next? Slippers to the dentists? Parents' evening in your dressing gown? Soon, we'll be doing the school run in nothing but a towel.

Yes

‘No one should be shamed’

Donna-Louise Bishop, 39, writer

It's not too many years ago that I experienced the long and hazy days of being a new mum – something I've done three times over now. And I'm sure I'm not alone when I say that some days it was just pure luck that I remembered to brush my teeth or found a sock for each foot.

So, rocking up to the supermarket in my pyjamas, frayed edges and all, really shouldn't be that much of a big deal. No one should be shamed for leaving the house with their children in tow while dressed in inoffensive nightwear. We all have those days. And it's not just parents who have experienced this. I live with an autoimmune condition, so I'm very aware of how debilitating life can be for those who suffer with ill health. Having Crohn's Disease sometimes means I barely have the energy to make a trip for the right food or medication. So if I have to pop to the store in my nightwear, then so be it.

I'm not going to take offence to someone dressed in their PJs. Life's too short. When it comes down to it, what are pyjamas anyway, if not a form of clothing? If it's a choice between being housebound or wearing them outside, I'm not going to pass judgement – and neither should you.

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By Paula Costas, Pictures Getty, Mary Doggett

'I'm fighting for justice for my beloved gran'

When Sarah Rice, 48, heard her grandma had passed away she had no idea of the true horror of what had happened…

They had always been close

Sitting on the edge of my gran Claudia's bed, I felt awkward and embarrassed. But Granza, as I called her, took my hand and said, 'Sarah, life is starting to change for you.' I was 11 and had just had my first period. My mum and I didn't have the best relationship so it had fallen to my maternal grandmother to explain what was happening to my body.

> 'Who would do this?'

I'd never been an emotional or expressive kid, but somehow Granza always managed to tap into my feelings. Now, she handed me a candle as a gift, which somehow made this milestone in my development feel special rather than something to be embarrassed about. Soon after, Granza and her partner, Oliver, decided to get married, and my brother Zeke and I walked her down the aisle. It felt like such a privilege.

As I got older, Granza was always there by my side offering me advice. I went on to get married but when that ended in 2009 and I fell in love with a woman, Granza was there to support me. Then, one day in April 2013, Mum rang in a complete state. 'Granza and Oliver are both dead,' she cried.

I listened in shock as she told me they'd been found murdered in their bed. The alarm had been raised when they hadn't turned up for church. It still wasn't clear what had happened when I went to see Granza at the funeral home. As I took her hand in mine, I noticed her white hair was stained with blood. Soon after, we were horrified to discover they had both died from multiple stab wounds. 'Who would do this?' I cried.

Granza's funeral was held the following week and so many guests told me she was their best friend. She'd always made everyone she met feel special. Meanwhile, the police investigation floundered because the killer hadn't left a single trace of DNA, or a finger or footprint, behind. 'It's like the perfect crime,' a detective told us.

Two months on, they received a tip off from a boy saying his best friend, Daniel Marsh, had boasted about being the killer. And when police questioned him, he had confessed. Marsh was just 15 years old and looked like a child when I saw him on the TV news. The reports said that at age 10, Marsh had been given a Red Cross Heroes Award for saving his dad after he'd suffered a heart attack. It was baffling. How could he have gone from hero to killer in just five years?

A year later, he appeared in court where he pleaded not guilty to the murders due to insanity. The court heard that after climbing into Granza and Oliver's house through an open living room window, he'd sat watching them

Marsh in court

Sarah with her grandmother

sleep, which he told police made him feel 'nervous, but excited and exhilarated'. As his confession was played to the jury, Mum stood up, tears running down her face. Marsh told police that when Granza had woken up and screamed, he'd launched his frenzied attack, stabbing both her and Oliver more than 60 times. He said when she'd begged him to stop, it made him want to stab her more. 'That old lady just would not die,' he'd said, laughing.

And murdering them hadn't been enough, he'd then mutilated their bodies. Most chilling was that he admitted enjoying what he had done. 'I'm not gonna lie. It felt amazing,' he'd said. It was chilling and horrific to hear.

Sarah in court with her mum

The court was told that Marsh's parents had split when he was 10 after his mum had an affair with his former teacher. He'd then started to fantasise about killing people and becoming a serial killer. On the night of the murders he'd been hunting for someone – anyone – to kill and had randomly chosen Granza and Oliver's house after seeing the open window. His defence argued that the drugs he'd been on for depression, suicide attempts and anorexia had caused temporary insanity, but this was disputed by experts.

I wept with relief as the jury decided Marsh had been sane at the time of the killings and found him guilty of the murders. He was jailed for 52 years to life, with the possibility of parole in 2037.

Marsh had been tried as an adult and when a new law passed soon after stating that only a judge could decide if that was appropriate, we were told his case had to be reviewed. If they decided it should be transferred back to juvenile court, then he would be re-sentenced and could be free by the age of 25. Mum and I were devastated. I began campaigning with other families to have this law overturned.

Then, before a hearing date had even been set, Mum called in tears. She had discovered that, through a prison rehabilitation programme, Marsh had given a talk claiming he was reformed and deserved a second chance. It had been posted online. Watching it, I felt horrified. 'I came to realise there are no such things as evil people in this world,' he said. 'Only damaged people. Hurt people hurt people.'

During the talk, he claimed he'd been sexually abused as a child, something he hadn't mentioned once in court. What he didn't say was the barbaric way he had murdered and mutilated two innocent people for his own enjoyment. Seeing he'd been given a standing ovation, I was furious and within 48 hours, I'd had the video removed from YouTube.

When the hearing date finally arrived in August 2021, Marsh, now 21, took the stand. 'It's hard for me to wrap my mind around how I could have done something that awful,' he said. 'And I guess I have been afraid to actually face that.' I didn't buy it and neither did forensic psychologist Dr Matthew Logan, who gave evidence to say that only one other killer had ever scored higher than Marsh on a test to identify psychopaths. 'I would say it is more likely than not that he would kill again,' he concluded.

Thankfully, the judge agreed and allowed Marsh's sentence in an adult court to stand. I was so totally overwhelmed with relief, I could barely breathe. Marsh continued appealing until last year, when he finally ran out of options.

'It's hard for me'

Working together to keep him locked up has brought Mum and me together. We speak every day, often reminiscing about Granza. She would be so happy to see us so close. My Granza was always there for me. Now, it's my turn to be there for her, to fight for the justice she deserves, and ensure that Marsh is never released.

By John Parrish and Olivia Dunnett

'My reflection used make me cry, but I've lost 6st and FEEL AMAZING!'

Beth Sheldon, 33, took control and feels better than ever

My weight issues started as a child. I was tall, towering over my friends, which made me an easy target at school. At 15, I was a size 16 to 18. By then, I'd met Peter and we were friends for a year before getting together, and he never cared about my weight. But as I got older, I tried every fad diet going that promised a quick fix, but Peter always made me feel loved as I was. Clothes shopping was a nightmare. I'd go with my friends but never try anything on. By 21, at 6ft, I weighed 16st 5lb. Working in Tesco, I lived off energy drinks, meal deal sandwiches and pastries from the bakery.

Then in September 2013, when I was 23, my mum and sister joined Slimming World, and I decided to tag along. Walking into that first group was nerve-wracking, but once inside, it was fine. The plan was different from anything I'd tried before – no cutting out food groups and no starving myself. I couldn't believe I could eat chocolate every day if I wanted. I wasn't completely convinced it would work, but I gave it a go. My sister and I started cooking more, making packed lunches for work and batch meals like spaghetti Bolognese and homemade curries. And it worked – I lost two stone by that November. I got to my target of 12st 7lb within nine months and kept the weight off for six years. In that time, my confidence grew. I applied for university, got a degree in film studies, and maintained my weight through my student years.

Then in November 2019, I got pregnant. Peter and I were thrilled, but then lockdown hit. I went from an active job as a Tesco shift manager to being stuck at home. We shopped every couple of weeks, stocking up on cheap, easy food, like pizzas, burgers and frozen meals. The fruit and veg I used to eat disappeared from my diet. By the time Edward was born in August 2020, I was 18st – the heaviest I'd ever been.

I adored Edward, but I felt awful myself. I'd look in the mirror and cry. I couldn't fit into any of my old clothes, and I hated how I felt. When Edward was eight weeks old, I texted my old Slimming World consultant, Claire, and re-joined group. It felt like a fresh start. This time, I wasn't just doing it for me. I wanted to be a healthy mum for Edward.

BEFORE
18st
Size 20-22

She was unhappy with her figure

With son Edward

On her wedding day to Peter

AFTER
12st 7lb
Size 12

Beth now feels fantastic

I lost three stone quickly and felt great, but then life crept back in. Days out, ice creams here and there, and my weight plateaued. Then, in April 2022, two of my friends got engaged. It got me thinking about me and Peter. We'd been together for 16 years. Surely it was time we tied the knot? I spoke with Peter, and he agreed. So, the next week, we bought a ring and announced our engagement. At that point, I'd lost 3st 7lb but with the wedding booked for March 2023, I had another two to lose. That gave me the push I needed. I went back to basics – tracking my Syns, walking everywhere with Edward in the pram and getting back into netball. By the time I went wedding dress shopping, I just had a stone to lose, but I still had a lot of anxiety around clothes shopping. But my mum and sisters encouraged me to go, and I found 'the one' almost immediately. It wasn't what I thought I wanted. There were no sleeves or lace, but it had pockets, which sealed the deal!

As the wedding approached, I stayed focused and went to group every week without fail. My dress had to be taken in at every fitting. The Wednesday before the wedding, I hit my target weight of 12st 7lb. At 6ft, it was a perfect weight. My dressmaker had to take my gown in so it was a size 10 to 12 – it was such a good feeling! On the day itself, I let myself fully embrace the compliments – probably for the first time ever in my life. I felt amazing and was excited to see the pictures.

After the wedding, we went on a little family honeymoon to Center Parcs, and then in June, I found out I was pregnant again. By this point, I was working as a Slimming World consultant in my hometown of Liverpool, but I decided not to follow the plan during pregnancy. With my daughter Eloise, I gained weight, but it felt different this time. I knew that as soon as I was ready, I'd get back on track. And that's exactly what I did. When she was four weeks old, I rejoined Slimming World and back to Claire in April 2024. After six weeks, I was consulting again, and shortly before Christmas, I was at my target weight and feeling fantastic.

Now, I'm a size 12 and so much happier. Life still happens – some weeks I'm totally on plan, others I'm not, but I don't let one bad day turn into a bad week. I enjoy my treats, I have my chocolate after dinner, and I drink my Pepsi Max without guilt. I used to see food as the enemy. I was either on a diet or 'off the wagon'. Now, I know it's all about balance. I eat well most of the time, move my body, and don't beat myself up over a pizza and chips on a Friday night. Eating healthily is now part of our family routine. We love homemade burgers with cheesy chips and curries packed with veg. I have the energy to run around after Edward and Eloise, to play netball and to walk the dog.

As a Slimming World consultant, I get to help others find that same freedom. I love watching the transformations in my members and seeing their confidence grow. Trying to lose weight in this world is not easy, but anyone who's putting in the effort and making those positive changes should be proud of themselves. It's an achievement worth celebrating. Trust me, it's worth it!

DIET BEFORE

BREAKFAST Two big bowls of chocolate cereal
LUNCH Meal deal sandwich with a Pot Noodle for dipping, chocolate
DINNER Takeaway or frozen pizza and garlic bread with chips
SNACKS Croissants, cheese twists, bag of sweets, chocolate, ice cream, energy drinks

DIET AFTER

BREAKFAST Two chocolate Weetabix topped with berries and semi-skimmed milk
LUNCH Homemade cheesy tuna pasta salad, Hi Fi bar, apple
DINNER Burger and chips or lasagne or pork and lentil curry with homemade onion bhajis
SNACKS Crunchie bar, fruit, Pepsi Max

By Dawn Collinson and Elaine Hayward, **Pictures** Matthew Owens

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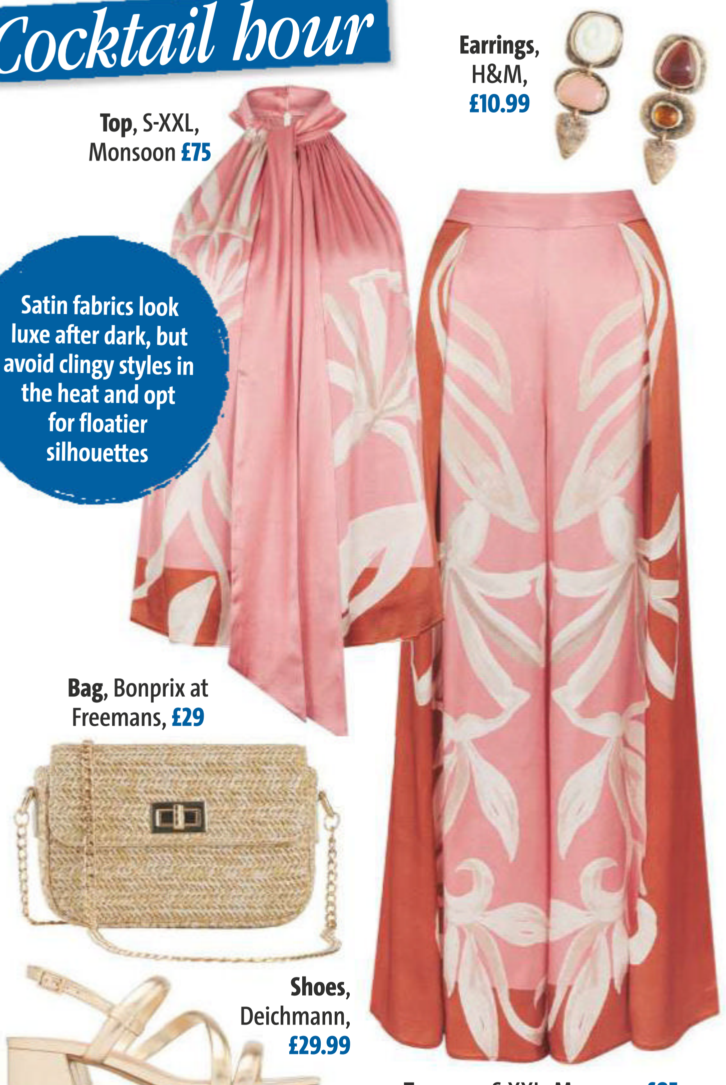
HOLIDAY HEROES

Pack your suitcase full of stylish vacation essentials from £10

Shirt, 8-32, **£35**; **Top**, 8-32, **£25**; **Trousers**, 8-32, **£36**, JD Williams

Cocktail hour



Top, S-XXL, Monsoon **£75**

Earrings, H&M, **£10.99**

Satin fabrics look luxe after dark, but avoid clingy styles in the heat and opt for floatier silhouettes

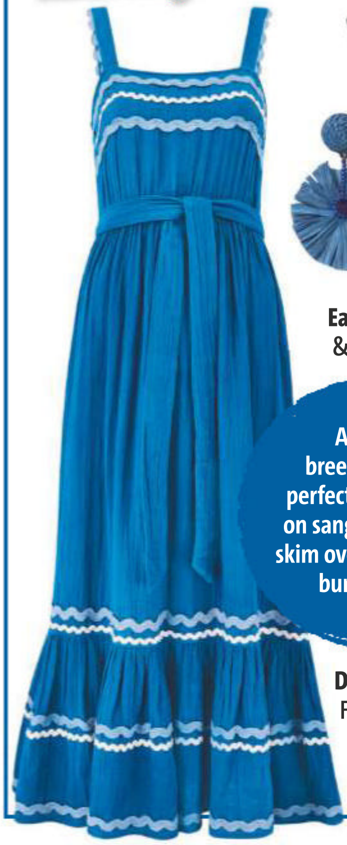
Bag, Bonprix at Freemans, **£29**

Shoes, Deichmann, **£29.99**

Trousers, S-XXL, Monsoon **£85**

Continued over the page...

Sun-filled strolls



Dress, 8-22, Friends Like These at Next, **£49**

Sunglasses, Le Specs, **£55**

Earrings, Marks & Spencer, **£14**

Les Pêches
soleil d'été
FRESH
Marché Aux Fruits

Bag, Next, **£10**

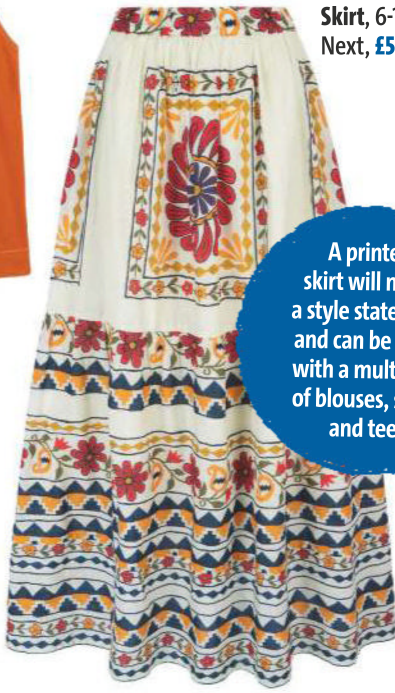
An easy breezy frock is perfect for sipping on sangria and will skim over lumps and bumps, too

Shoes, New Look, **£35.99**

Alfresco dining

Top, 6-22, Marks & Spencer, **£29.50**

Earrings, Monsoon, **£15**

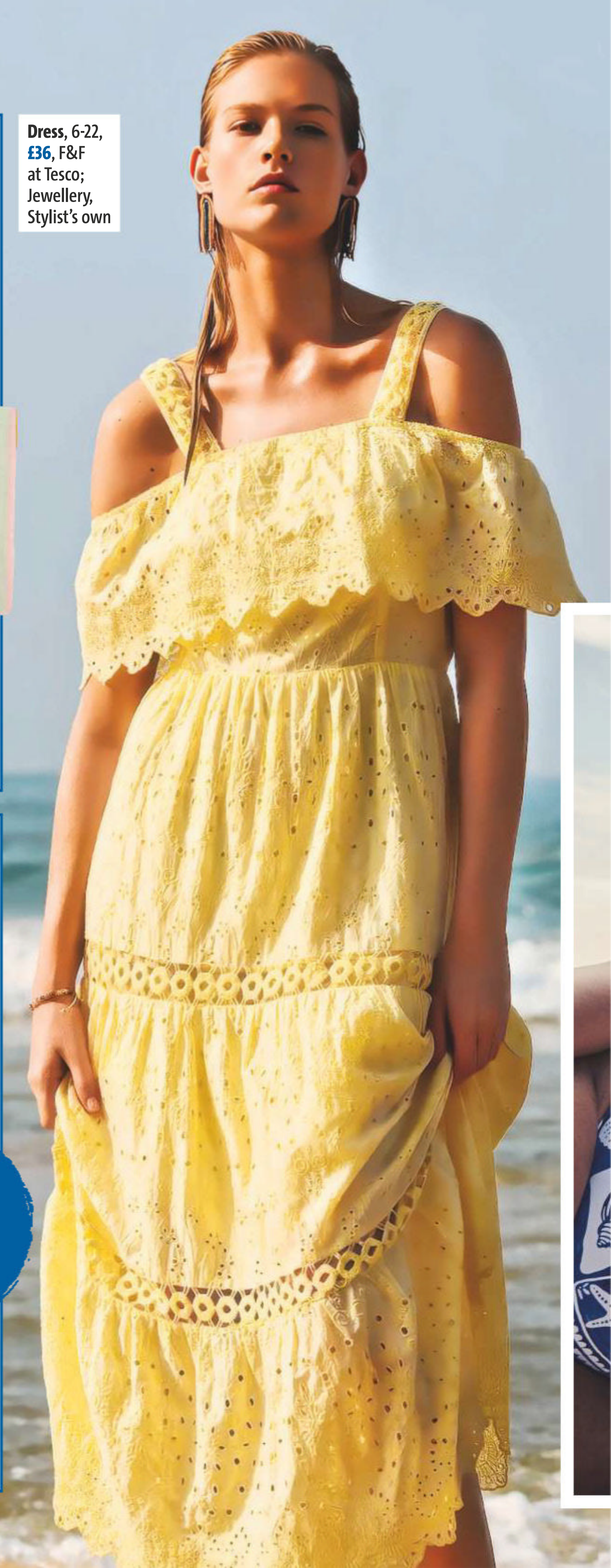


Skirt, 6-16, Next, **£52**

A printed skirt will make a style statement and can be worn with a multitude of blouses, shirts and tees

Bag, Next, **£45**

Shoes, Zara, **£39.99**



Dress, 6-22, **£36**, F&F at Tesco; Jewellery, Stylist's own

Poolside perfect

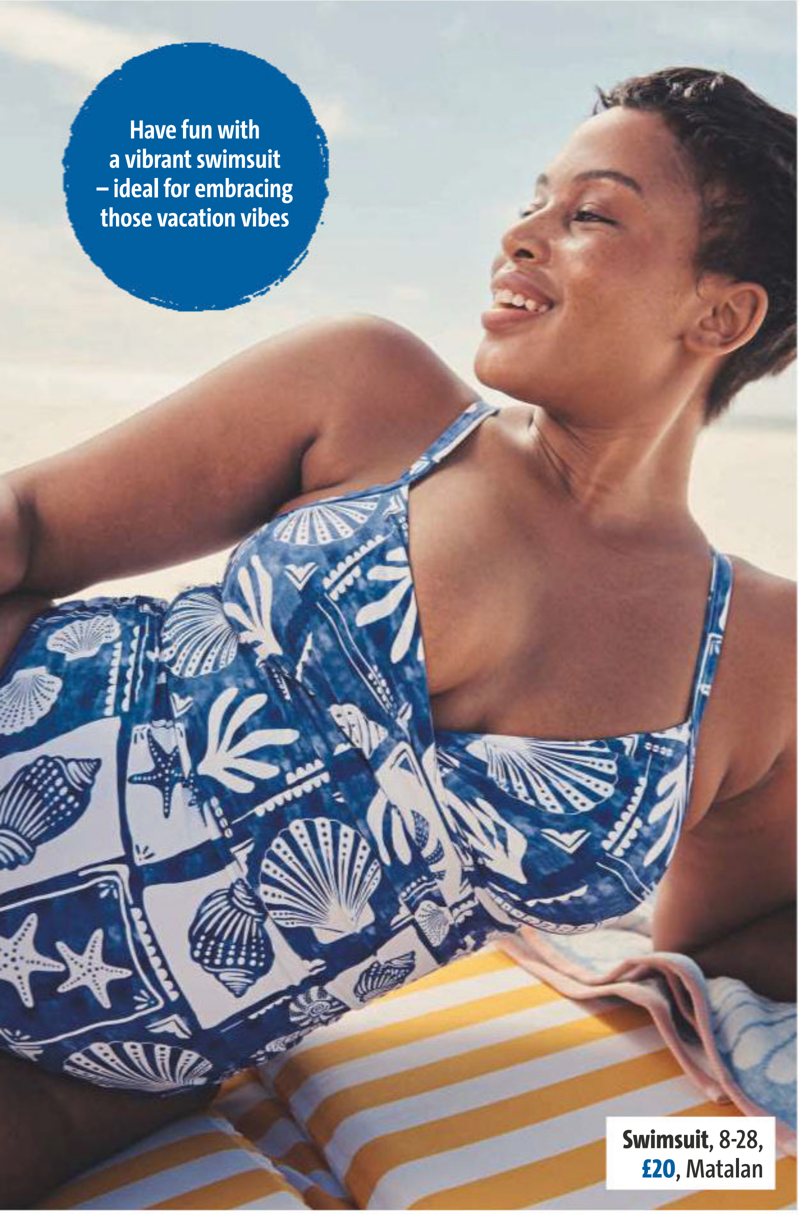
Hat, H&M, **£12.99**

Shoes, Cotton Traders, **£38**

Swimsuit, 6-24, Marks & Spencer, **£35**

Necklace, Zara, **£19.99**

Kaftan, XS-XL, Accessorize, **£50**



Have fun with a vibrant swimsuit – ideal for embracing those vacation vibes

Swimsuit, 8-28, **£20**, Matalan

Beach to bar

Bikini Top, 6-22, F&F at Tesco, **£14**

Shirt, 8-20, very.co.uk, **£28**

Trousers, 8-20, very.co.uk, **£30**

A chic co-ord will take up minimal space in your suitcase while giving you the option to create different looks

Bag, Matalan, **£20**

Sandals, Hotter, **£59**

By Lauren Goodwin-Grafton

Love puzzles?

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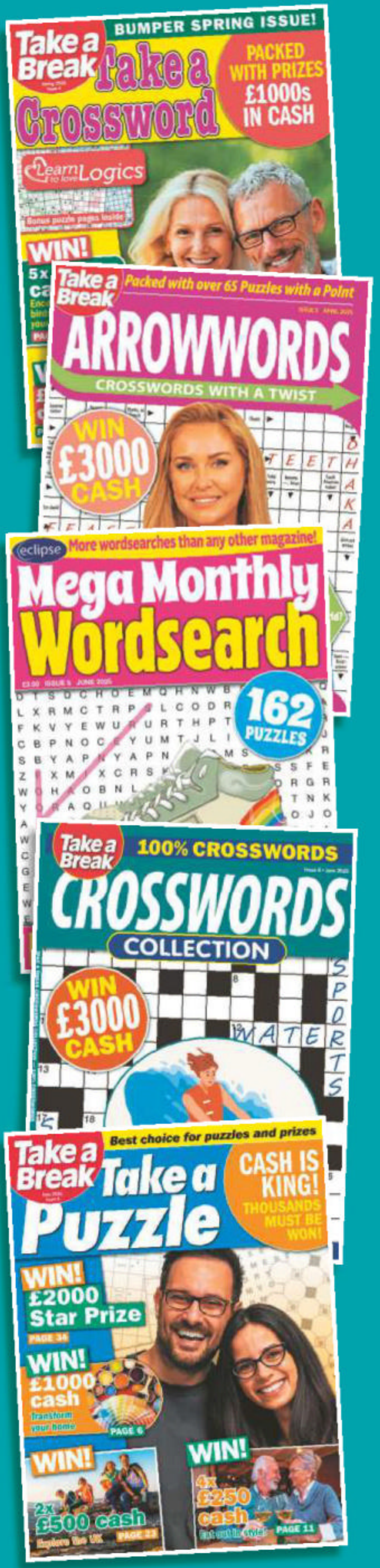
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Bag, Next, £56

Sunglasses, H&M, £12.99

Zesty Delights

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Bag, £39.50; **Blazer,** 6-22, £69; both Marks & Spencer

Heels, Reserved, £39.99

Bracelets, Accessorize, £16

Hat, M&S, £19.50

Hairclip, New Look, £4.99

Neckerchief, Mango, £15.99

Earrings, Accessorize, £10

Wear All Year Long

Bag, River Island, £36

Sandals, Primark, £8

By Ella Shire

Arch Rivals

Frame your face perfectly with our step-by-step masterclass

Step one: Grow

RapidBrow®
EYEBROW ENHANCING SERUM
HEXATEIN 2
The Ordinary.
Multi-Peptide Lash and Brow Serum
Sérum Multi-Peptides pour les Cils et les Sourcils
MAULI
GROW STRONG BROW OIL

Whether you over-plucked in the '90s or are experiencing hair loss due to hormonal changes, sparse brows are a huge age giveaway! Combat thinning arches by adding a high-powered serum to your evening routine – they work a treat thanks for their vitamin-rich formulas. **The Ordinary Multi-Peptide Lash and Brow Serum, £14.20,** is packed with peptides to plump hairs for a fuller effect, and can be used on eyelashes, too. Meanwhile, **RapidBrow Eyebrow Enhancing Serum, £37,** contains proteins to help restore and repair depleting strands and boost new growth. Finally, **Mauli Grow Strong Brow Oil, £35,** boasts a blend of Agran, jojoba and sesame oils to stimulate brow growth.

Step two: Groom

mylee
100 DISPOSABLE STRIPS
WAXING STRIPS
REVITALASH

Before you pick up the tweezers, you'll want to figure out what shape you'd like your eyebrows to be. For a quick-route to brow success, opt for a style opposite to your face shape, for example, if you have a strong jawline, soft-rounded brows will work best. Next, use an eyebrow pencil to sketch out an outline of your ideal shape that can be used as a guide. If you have thick brows, pluck any stray hairs outside your outline using an angled tool, such as **Revitalash Precision Tweezers, £20**. Next, using a spoolie, brush your hairs upward and trim any long hairs that extend past your guide with angled scissors. **Tweezerman Brow Shaping Scissors and Brush, £23,** includes everything you need for this stage. For longer-lasting results, try a wax like **Mylee Paper Waxing Strips, £6.50**. These win our top spot because they're simple to apply and require little prep work.

Step three: Define

benefit
PRECISELY, MY BROW DETAILER
NO.1 SELLING BROW DYE
EYLURE
LONDON
DYBROW
PERMANENT TINT FOR BROWS
DARK BROWN
DYE KIT
REVOLUTION

For a polished finish, we recommend kitting yourself out with an arsenal of arch-defining products. Create a bold look with a coloured pen, such as **Revolution Instant Brow Hair Pen, £6.99**, which features a six-pronged tip to help to fill any gaps. If you prefer a natural look, try a pencil, such as **Benefit Precisely My Brow Detailer Micro Precision Pencil, £23.50**. It's impossible to be heavy-handed with this one thanks to its ultra-fine, precise tip, which allows you to achieve defined hair strokes. It also features a brush that can be used to feather your brows and blend the product. For results that last even after you've taken off your make-up, grab an at-home dye kit. One of our favourites is **Eylure Dybrow Brow Dye, £8.75**, a permanent dye that works in 15 minutes.

Step four: Set

Styling gels and waxes can easily create structure in just a few swipes. Once **Primark PS... Sculpt & Freeze Styling Brow Wax, £3.50** sets, your brows will not budge and will last all day. Simply dip a spoolie brush directly into the gel, sweep through the brows, style and set by pressing your finger against the hairs. For extra fluffed-up brows, choose a brush-on gel such as **e.l.f. Brow Laminating Gel, £8**. It's a must for creating a strong-hold, sculpted brow. If you'd prefer a tinted gel, **Catrice Cosmetics Super Glue Brow Styling Gel, £4.30,** is perfect for creating statement, hair-like strokes, so you can skip the brow tint appointment and just invest in this instead.

catrice COSMETICS
SUPER GLUE
BROW STYLING GEL
LIFT & LAMINATE
e.l.f.
PS
SCULPT & Freeze
STYLING BROW WAX
LIFTS AND HOLDS BROWS IN PLACE
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By Phoebe Denman, **Pictures** Getty

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St Tropez Sunlit Skin Bronzing Tint + Tan, £29

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SUNSCREEN + PRIMER
WITH CHROMOPHORES,
VITIS VITA AND DNA SHIELD+

This high-performance SPF not only helps to protect from UVA and UVB rays, but also primes skin for make-up application. Thanks to its ultra-lightweight texture, it's perfect for wearing beneath foundation.
Beauty Pie Super Healthy Skin Featherlight UVA/UVB SPF 50 Sunscreen + Primer, £25 or £15 for members

Shine on

L'ORÉAL
PROFESSIONNEL
PARIS
Vitamino Color
Spectrum
SERIE EXPERT

Achieve smooth holiday hair with L'Oréal's serum for coloured locks. Apply 1-2 pumps to towel-dried tresses to protect from heat styling, humidity and frizz, as well as boosting colour and shine.
L'Oréal Professionnel Vitamino Colour Spectrum Glass Shine Serum, £28

Pucker up

e.l.f.
SUN BOSS GLOSS
BROAD SPECTRUM SPF 25
SUNSCREEN

This 3-in-1 lip gloss delivers buildable, high-shine colour and SPF 25 protection, all while treating your pout to the conditioning and moisturising benefits of vitamin E and hyaluronic acid.
e.l.f. Sun Boss Gloss SPF 25 in Blush Much?, £7

Glow getter

Make your dewy skin dreams come true with the ultimate illuminating multitasker. Wear alone as a primer beneath make-up or mix with your favourite foundation to promote a lit-from-within glow. It even works as a highlighter across the tops of your cheeks!
Saie Glowy Super Gel in Starglow, £22

Complexion perfection

Meet the 2-in-1 foundation and setting powder that can control oil for up to 24 hours, resists sweat and humidity, and helps to blur imperfections. It's super-lightweight, too, and doesn't settle into fine lines or pores.
MAC Studio Fix Powder Plus Foundation, £35

Make-up marvel

TRINNY LONDON

Master your make-up with Trinny London's new multipurpose stick. The dual-ended design features a dewy balm on one end and a creamy matte formula on the other. Use both on your lips, cheeks and eyes for a gorgeous pop of colour.
Trinny London Trinity in Venice, £36

Magic mist

RIMMEL
LONDON
MULTI
TASKER
PRIMER, MIST & SETTING SPRAY
BASE, BRUME & FIXATEUR
e 100 mL

A hardworking face mist is a staple in any kit. This one from Rimmel can be used to prep skin for make-up, set your look in place and offer a quick and easy boost of hydration whenever your complexion needs a pick-me-up.
Rimmel Multi-Tasker Primer, Mist & Setting Spray, £8.99

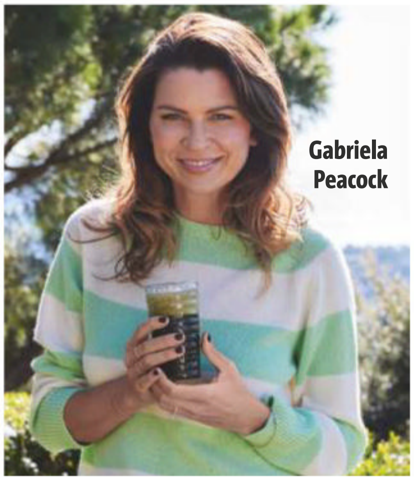
By Emma White

Your Summer GLOW-UP

Our four-week plan to lose weight, get radiant skin and boost energy

We've teamed up with Gabriela Peacock, top nutritionist and author, as loved by Dame Joan Collins, HRH Princess Beatrice and Yasmin Le Bon, to give you a fabulous four-week plan. Gabriela tells us, 'This is a delicious and easy-to-follow way to help you look and feel summer sensational, with the very happy side-effect of one to two pounds a week healthy weight loss! This could be more, depending on your starting weight.'

This plan has a three-pronged approach. Firstly, focus on eating in a more nutritious way, with gut health, hydration and skin-friendly nutrients, to reduce bloating, hunger and cravings, and enhance your overall radiance and energy levels. At the same time make easy changes to your meal timings for health and weight-loss benefits. Thirdly, consider a fibre supplement – 81% of us don't get enough fibre, which we need to help our gut (and when your gut is happier, your skin will look brighter too).



Gabriela Peacock

Amazing foods for wonderful results

Gabriela has devised a super-healthy and easy way of eating she calls the GP eating principles. Team these with collagen-boosting foods for fantastic skin-glowing benefits.

HOW TO FOLLOW THE GP EATING PRINCIPLES:

- Have a portion of protein of lean meat or plant protein with every meal and snack – protein is particularly important to not only help fill you up but for the regeneration and maintenance of your skin cells. Eat healthy fats, especially essential fatty acids found in olive oil, rapeseed oil, nuts, seeds and oily fish. Stay hydrated, drinking plenty of water, aiming for 2l of liquids a day (you may need more depending on your exercise levels and the weather). Water is essential to life and vitality, and staying hydrated will help keep you looking youthful too. Try adding slices of cucumber, citrus fruits or mint. Choose wholegrain carbs high in fibre and low GI; a rainbow of fibre-rich veg to get different nutrients; and enjoy low GI fruit such as berries, citrus, apples and cherries – these will all add more fibre to improve your gut health.
- Load up on collagen boosters. Top up with vitamin C to increase the collagen in your skin. Gabriela reveals she loves mixing one-third

of a glass of freshly squeezed, vitamin C-packed grapefruit juice, with two-thirds water, for a refreshing drink a few times a day. She also suggests a cup of collagen-rich bone broth before bed – a comforting way to ease into sleep.

Meal timings that really work

Gabriela recommends combining her eating principles with intermittent fasting to help with weight loss, blood sugar levels, boosting autophagy (a form of cell rehabilitation, like a dramatic spring clean for your body), improving sleep and energy levels. On this four-week plan you'll follow her eating principles and eat in a 16:8 way (fast for 16 hours, eat in an eight-hour window), for two to three weeks. For the third and fourth week, or just the fourth depending on how you feel, include Gabriela's Reset 700 rules. This is where you'll stick to her eating principles in a 16:8 way, but for two consecutive days of the week you'll have 700 calories a day, mainly from vegan/veggie meals. This will help rev up the results of this plan.

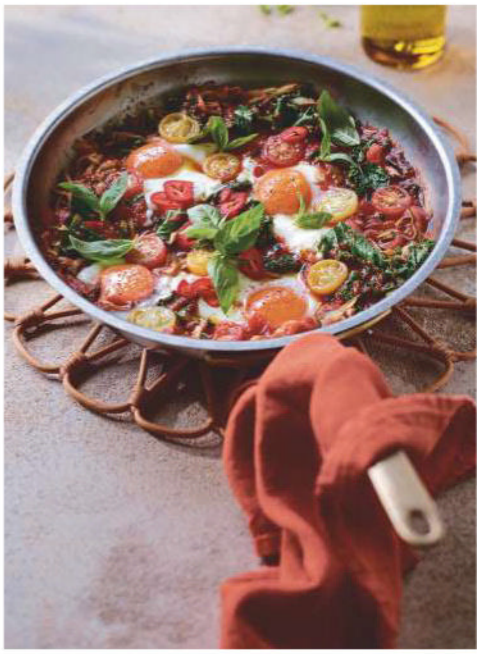
How to eat the 16:8 way

Fasting for 16 hours (which includes overnight, so you'll sleep through a large chunk of it) will limit the amount you eat and increase fat burning. Gabriela says you should choose your eight-hour eating window to suit your lifestyle.
Remember to start your evening meal to allow time to finish before the eating window closes.

- Early birds. Eating window 8am to 4pm. 8am first meal, 12pm small meal/snack, 3pm last meal.
- Middle-of-the-day birds. Eating window 12am-8pm. 12pm first meal, 3.30pm small meal/snack and 7pm last meal.
- Night owls. Eating window 2-10pm. 1pm first meal, 5pm small meal/snack and 9pm last meal.

Try a fibre supplement

For a summer glow-up Gabriela suggests a fibre supplement, particularly one with glucomannan



Continued over the page...

as this natural plant fibre expands in your gut to help fill you up, balances blood sugar levels to ease cravings, helps keep you regular and helps feed your good gut bacteria. Always drink two glasses of water with it to help it expand properly. We love Gabriela's GP Nutrition MetaboliseMe fibre supplement – check out our competition.

Recipe ideas to enjoy

Here's a day's worth of some of Gabriela's favourite and easy-to-make meals. You don't need to calorie count, just follow her GP eating principles in a 16:8 way.

FIRST MEAL

Golden sunrise bowl

Serves 1 and can be made night before

In a blender add 2tsp ground turmeric; 2cm piece of fresh ginger, peeled and grated; 3tbsp Greek yogurt; 40g rolled oats; 1tbsp nut butter; 1 banana, broken into pieces; half a mango, peeled, stoned and roughly chopped; ½tsp ground cinnamon and up to 250ml water; and blitz until smooth. Serve in a bowl. Top, if you want, with 30g pomegranate seeds; 40g mango flesh, chopped; and 1tbsp ground flaxseeds.

SMALL MEAL/SNACK

Rainbow trout and citrus salad

Serves 4 and can be made night before

Preheat the oven to 200°C/gas 6. Put 1 small fennel bulb, 1 lemon and 1 blood orange, all thinly sliced, and 1 red chilli, deseeded and thinly sliced, in a shallow roasting tin. Place 4 rainbow trout fillets (around 130g each) on top, season, and scatter over thyme leaves from a small sprig. Douse with 2tbsp olive oil. Roast for 12min. Transfer to a sharing platter, pouring over any juices and adding an extra spritz of lemon if you want.

LAST MEAL

Chicken satay noodles

Serves 4 and a healthy twist on a Chinese takeaway

Place 2 free-range chicken breasts between two sheets of non-stick baking paper and bash with a rolling pin until 1cm thick. Season each side well. Heat 1tbsp rapeseed oil in a large pan over a medium heat and fry the chicken until golden and cooked through, takes around 3min each side. Cool a little and cut into thin slices. Prepare 200g glass noodles according to packet instructions, and drain. In a bowl add the chicken along with a handful of kale, stalks removed and thinly sliced; half a small red cabbage, thinly sliced; 2 carrots, grated; 1 yellow pepper, deseeded and thinly sliced; a quarter of a red onion, thinly sliced; 1 red chilli, deseeded and thinly sliced; a small handful of mint, torn; and 20g cashew nuts, halved and chopped (save a few for sprinkling). Mix well. Make a dressing from 2tbsp crunchy nut butter; 1tbsp tamari sauce; 2tsp agave syrup; 2cm piece fresh ginger, peeled and grated; ½ garlic clove, grated; ¼tsp cayenne pepper and the juice of 2 limes. Pour over the chicken and noodles. Serve topped with the reserved cashew nuts.

By Julia Smurthwaite, **Pictures** Shutterstock, Kate Martin, Kate Whitaker

How to eat the Reset 700 way

While 700 calories might not sound a lot, rest assured it's all about the nutritional and filling quality of your meals. Check out this example day to see how satisfying Gabriela's Reset 700 is.

FIRST MEAL

Mediterranean baked eggs

Serves 2, 270 calories per serving

Preheat the oven to 200°C/gas 6. Heat a frying pan, with a lid, over a medium heat. Add 1tbsp olive oil and 1 courgette, grated, and fry for 3min, stirring regularly. Add 1 garlic clove, grated, 1tsp chilli flakes and 400g chopped tomatoes, and cook for a further 8min. Add 80g kale, stalks removed and roughly chopped, and mix into the sauce and season well. Make four wells in the sauce and crack an egg into each. Place 6 cherry tomatoes, halved, around the eggs. Cover with the lid and cook for 4-5min. Serve with 30g parsley, chopped; 30g basil leaves; and 1 red chilli, deseeded and sliced.

SMALL MEAL/SNACK

Crunchy roasted chickpeas

Very on-trend due to their delightful texture, and it's a high protein source!

Serves 2. 161 calories per serving.

Preheat the oven to 200°C/gas 6. Pat 400g canned chickpeas, drained and rinsed, dry with a tea towel. Add ½tbsp olive oil, season and mix well. Tip into a baking tray. Roast for 20min, shake the tray, roast for a further 10min. Remove, add 1tbsp apple cider vinegar, toss, return to oven for 1min. Leave to cool. Store in an airtight container.

LAST MEAL

Steak & horseradish salad

Serves 2, 314 calories per serving

Heat a frying pan over a high heat. Brush 160g fillet steak with ½tbsp rapeseed oil, use half on each side, and season well. Cook for 2-3min each side for medium-rare, or longer if you prefer well done. Set aside to rest. Make a salad dressing by mixing 1tbsp hot horseradish sauce, 2tbsp natural yogurt, 1tsp agave syrup, zest and juice of half a lemon, and a pinch of salt and pepper. Bring a small pan of water to the boil, cook 150g shelled edamame beans for 2min then drain. Divide 120g mixed leaves between two plates, adding 100g sugar snap peas, sliced on the diagonal, the edamame beans and the steak, sliced. Drizzle over the dressing.

● *For more recipes check out Gabriela's books, 2 Weeks to a Younger You and 2 Weeks to Feeling Great. Both published by Kyle Books.*

WIN GABRIELA'S SUPPLEMENTS

Gabriela has created her high-quality GP Nutrition supplement range, now with improved formulations, with products for sleep, immunity, fertility, energy levels, wellness and to help healthy weight loss. We've got 10 packs of her MetaboliseMe, worth £35 each, up for grabs. This contains glucomannan, chromium and mulberry leaf, to help curb cravings, support healthy blood sugar levels and promote sensible weight loss, all in a tasty lemon-flavoured sachet. For your chance to win one pack, which contains 28 sachets, please enter at bellamagazine.co.uk/competitions by 17 June 2025.

METABOLISE ME
METABOLISE
GP

NB. If you are pregnant, breastfeeding, under 18 or have a medical condition please seek professional advice before changing your diet.

Sunshine SIPS

Enjoy a refreshing drink to celebrate the new season!

EG
EDINBURGH GIN DISTILLERY
RASPBERRY LIQUEUR

Fill your glass with ice, add **Edinburgh Gin Raspberry Liqueur,** Tesco, £17, top with sparkling wine and soda, and garnish with fresh raspberries

DA-SH
Cherry
SPARKLING WATER
0 — Calories
Non-alcoholic

Dash Cherry Sparkling Water, Ocado, £13.50 for 12 cans

READY TO SERVE
APEROL SPRITZ
WITH ICE AND AN ORANGE SLICE
4X 20cl
HOW TO SERVE

Aperol Spritz Ready to Serve, Sainsbury's, £13 for four

LEMON LAGER
LUCKY SAINT

Lucky Saint Lemon Alcohol Free Lager, Tesco, £6.50 for four cans

Tequila 100% de Agave
70CL
Blanco
Jalisco, Mexico
CASAMIGOS
Tequila

Casamigos Blanco Tequila, Sainsbury's, £46

Schweppes
MIX
PALOMA BLISS
FLAVOURED ALCOHOLIC COCKTAIL
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Schweppes Mix Paloma Bliss, Sainsbury's, £2.20

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Infusionist
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Infusionist Spicy Margarita, Aldi, £1.99

Rosorange Rose, Aldi, £9.99

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PEACH COOLER SHAKE
6.8% MILKSHAKE IPA

Vocation Brewery Peach Cooler Shake Milkshake IPA, Waitrose, £3.85

Juicy Apple
THATCHERS
Juicy Apple
CIDER

Thatcher's Juicy Apple Cider, Morrisons, £2.50

JAM PACKED WITH BUBBLES
JAM SHED
BUBBLY ROSÉ
CRISP, DELICATE & SPARKLING
200ml e
alc 11% vol

Jam Shed Bubbly Rosé Wine, Tesco, £2.50

FEVER-TREE
Blood Orange
GIN SPRITZ
BLOOD ORANGE SODA MIXED WITH
PAPA SALT
COASTAL GIN
109kcal

Fever Tree & Papa Salt Blood Orange Gin Spritz, Sainsbury's, £2.90

LA BALCONNE
M&S
LA BALCONNE

La Balconne Organic Provence Rosé, M&S, £18

By Carly Honeyfield

Lemony puds

Celebrate the much-loved citrus fruit with these zesty sweet treats

Pavlova with lemon-olive oil curd

Serves 8-10 Takes 1hr 20min, plus cooling

FOR THE PAVLOVA
- 6 egg whites
- 350g caster sugar
- Zest of 3 lemons plus 1tbsp juice
- 2tsp cornflour
- 200g strawberries, halved, edible flowers, basil leaves and lemon zest squiggles, to decorate (optional)

FOR THE YOGURT CREAM
- 250ml double cream
- 200g Greek yogurt
- 3tbsp icing sugar

FOR THE LEMON-OLIVE OIL CURD
- 1tsp cornflour
- Juice of 2 lemons
- 1 egg, plus 2 egg yolks
- 14g sugar
- 40g butter
- 2tbsp extra virgin olive oil
- A pinch of salt

1 Preheat the oven to 150°C/fan 130°C. Line a baking tray with baking paper.

2 Whisk the egg whites with the lemon juice until they form stiff, satin-like peaks. Add the sugar a spoonful at a time, whisking all the time, until stiff and silky peaks form, then whisk in the lemon zest and cornflour.

3 Spread the meringue out into a large circle, approx. 25cm, on the lined baking tray, making the edges a little higher than the middle to allow for the filling. Bake in the oven for around 1hr until crisp (gently check the underside), then turn off the oven, open the door and leave to cool completely.

4 Meanwhile, to make the yogurt cream, whip the cream in a bowl until you have soft peaks, then stir in the yogurt and icing sugar.

5 To make the curd, whisk the cornflour into the lemon juice until dissolved, then pour into a small saucepan, add all the remaining ingredients and place over a medium-low heat. Cook, whisking continuously, for 10min, or until it becomes thick and velvety. Set aside to cool until ready to use.

6 To finish, spread the cream over the top of the pavlova and then dot over the curd. Scatter over edible flowers, strawberries, basil leaves and lemon zest squiggles, if using, and serve.

Lemon tiramisu

Serves 8-10 *Takes* 25min, plus cooling

FOR THE LEMON CURD
- **2tsp cornflour**
- **120ml lemon juice**
- **3 eggs**
- **150g sugar**
- **40g unsalted butter**
- **A pinch of salt**
- **Lemon zest, lemon slices and mint sprigs, to decorate**

FOR THE CREAM
- **400g mascarpone**
- **300ml whipping cream**
- **80g icing sugar**

FOR THE SPONGE LAYER
- **2 pkt savoiardi or ladyfingers (about 24 biscuits), or use leftover lemon cake**
- **400ml milk**

1 *First, make the curd. Whisk the cornflour with 50ml water until dissolved and milky looking, then place all the ingredients in a small saucepan over a low heat. Whisk constantly, helping the butter to melt, then gradually increase the heat to medium and stir until it thickens to form a curd the consistency of loose mayonnaise. Allow to cool to room temperature.*

2 *Whip the mascarpone with the cream and icing sugar to form soft peaks. Decant into a piping bag if you have one.*

3 *Soak the savoiardi in the milk, allowing them to absorb enough to become just damp and spongey but not dripping, then layer them at the base of a 23cm dish. Pipe over a third of the cream, flatten with a spatula or back of a spoon, then spread over half of the cooled curd. Repeat, then finish with little piped peaks of cream. Arrange the lemon zest, lemon slices and mint sprigs on top.*

For the Love of Lemons
Letitia Clark

These recipes are taken from ***For the Love of Lemons* by Letitia Clark** (Quadrille, £28)

Lemon self-saucing pudding

Serves 4-6 *Takes* 1hr-1hr 5min

- **60g unsalted butter, plus extra for greasing**
- **180g caster sugar**
- **Zest and juice of 2 large lemons**
- **3 eggs, separated**
- **60g plain flour**
- **300ml whole milk**
- **A good pinch of salt**
- **Cream, to serve**

1 *Preheat the oven to 180°C/fan 160°C. Lightly butter a deep, ovenproof dish.*

2 *Cream the butter, sugar and lemon zest together until well combined. Beat in the egg yolks, one at a time, until incorporated. Fold in the flour and the milk until you have a smooth batter, then gradually mix in the lemon juice.*

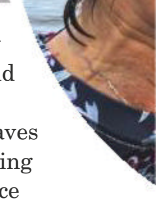
3 *In a separate bowl whisk the egg whites with the salt until they form soft peaks and then carefully fold into the cake batter.*

4 *Decant the mixture into the buttered dish and stand it in a roasting tin filled with water to come about halfway up the side of the dish. Bake in the oven or 45-50min until golden. Eat warm with cold cream.*

By Hayley Merrick **Recipe** Letita Clark **Pictures** Charlotte Bland

A beginner's guide to cold water swimming

CHILL OUT



When was the last time you truly felt alive? For many, the answer is simple: after plunging into icy-cold water at sunrise. Across the UK, cold water swimming has transformed from a niche challenge into one of the biggest wellness trends of 2025 – and it's not hard to see why. The mental, physical and social benefits are turning chilly dips into something of a national obsession.

'The great thing about cold water swimming is how simple it is,' says Alex Bull, personal trainer, triathlon coach and founder of Studio Tarw, Cardiff (studio-tarw.com). 'You don't need fancy kit or months of training – just a willingness to give it a go.'

Whether it's a lake, river, lido or stretch of open sea, thousands are discovering that a few minutes in cold water can deliver surprising benefits – for your body, your mind and even your sense of community.

Intrigued? Here's why you might want to take the plunge yourself.

Add accessories to keep warm

Get happy

It's not just in your head; cold water swimming can genuinely lift your mood and leave you feeling energised for hours afterwards. 'When you immerse yourself in cold water, your body has a strong natural response. It releases endorphins and dopamine, which help boost feelings of happiness,' explains Bull. 'It's a reset for both your mind and body.'

Research backs this up. Studies suggest that regular exposure to cold water can help reduce symptoms of anxiety and depression, while increasing mental clarity and resilience.

> 'It's a reset for both your mind and body'

Even a short dip, sometimes less than five minutes, can create a noticeable shift in how you feel. That rush of cold sharpens your senses, clears your mind and leaves many swimmers describing a sense of calm confidence that carries over into the rest of the day.

Build resilience

Aside from the immediate mental lift, regular cold water exposure can help your body handle stress better over time.

'When you get into cold water, your body experiences a form of controlled stress,' says Bull. 'Learning to stay calm while your body reacts helps build real-world resilience.'

This stress-adaptation may even have physical effects, including improved circulation, stronger immune function and better regulation of blood

The Bluetits Chill Swimmers

pressure. Some early research also suggests that cold exposure could help reduce inflammation.

Crucially, cold water swimming is low impact. Unlike high-intensity workouts, moving through water is gentle on the joints but still builds inner strength, coordination and cardiovascular fitness.

Immerse yourself

Forget the idea that cold water swimming is only for ultra-fit adventurers. 'One of the biggest misconceptions is that you have to swim fast, far, or for a long time,' says Bull. 'You absolutely don't. Many people simply wade in, float for a few minutes, and get out. That's enough to feel the benefits.'

There's no requirement to be a strong swimmer either. In fact, many cold water sessions are more about immersion than actual swimming. Building up slowly is key. You might start with just standing waist-deep for a couple of minutes before gradually increasing your time in the water as your body adapts.

'Cold exposure could help reduce inflammation'

Swim & socialise

Perhaps one of the most powerful, but least talked about, benefits of cold water swimming is the social side.

'Community is a huge part of why people keep coming back,' says Bull. 'Being outside together, facing a challenge and encouraging each other creates a bond you don't often find elsewhere.'

Groups including Mental Health Swims, The Bluetits Chill Swimmers and countless local clubs offer inclusive, non-competitive environments where people of all ages and abilities are welcomed.

Even if you swim alone, the simple act of being part of a wider community of outdoor swimmers, sharing tips and post-swim hot drinks, can boost your sense of belonging.

Know your spot

One crucial consideration when heading into open water is knowing what you're swimming in. While cold water swimming can be invigorating and healthy, contaminated water can make you seriously ill. Bacteria, pollutants and other harmful substances can enter the body through small cuts or even a splash to the face.

Brian Clarke, owner of sauna and ice bath supplier UK Saunas (uk-saunas.co.uk), and open water swimming expert, explains, 'While there's been progress with more and more bathing spots getting officially designated and monitored, we're not quite where we need to be yet. Some rivers and coastal areas still don't meet the standards for safe swimming, especially after heavy rainfall, which can wash all sorts of pollutants into the water.'

Before you jump in, do your homework. One of the most reliable tools is the Environment Agency's Swimfo map, which provides up-to-date information about the water quality of designated bathing sites across the UK. This map is free to use and is based on actual bacterial testing, providing peace of mind when planning your swim.

'Nothing beats local knowledge, though,' Clarke adds. 'The wild swimming community is great at sharing updates, especially if a particular area has had pollution problems or an algal bloom. Most popular swim spots also have noticeboards at the entrance, sharing recent issues, safety notices and environmental conditions. Always check them out before you swim.'

Get started

If you're thinking about giving cold water swimming a go, it's important to do it in a way that feels safe and manageable, especially in the beginning.

Clarke's top tips:

START GRADUALLY: Begin with short, manageable dips. Standing waist-deep in the water for a couple of minutes is a good starting point.

LISTEN TO YOUR BODY: Cold water exposure affects everyone differently. If you start feeling too cold, dizzy, or uncomfortable, it's time to get out. Always be aware of how you're feeling.

GET THE RIGHT GEAR: In colder conditions, consider a wetsuit to help retain body heat. A swim cap is also useful for keeping your head warm, and gloves or socks made out of Neoprene (or similar wetsuit material) can add extra warmth for hands and feet.

GO WITH A GROUP: Swimming with others is not only fun but also safer. Groups often have safety measures in place, and it's reassuring to have someone watching out for you.

WARM UP PROPERLY: After your swim, make sure you have dry clothes, a towel and a hot drink ready. A slow, gradual warm-up is essential so avoid jumping straight into a hot shower.

KNOW YOUR LIMITS: Don't try to push yourself too hard, especially in the early days. Build up your time in the water slowly and be kind to yourself if you need to cut your swim short.

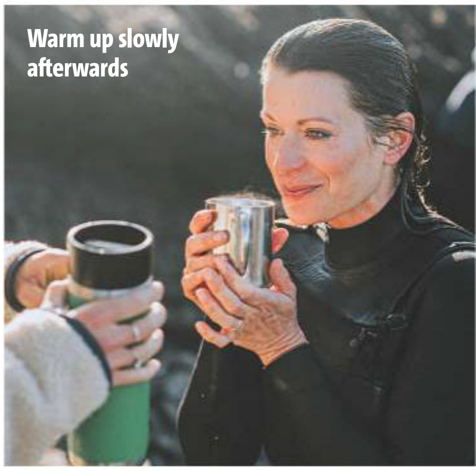
By following these simple steps and listening to your body, you can make cold water swimming a safe and rewarding part of your routine. It's not about swimming long distances or braving extreme temperatures; sometimes it's the small, consistent moments that matter most.

Many cold water swimmers will tell you that the true rewards come not from pushing your limits, but from showing up, no matter the weather.

So, whether it's a quiet sunrise swim in the sea, a playful dip in a local lake with friends or a peaceful float in a river, you might just discover that a few minutes of cold water courage can create a lasting ripple that inspires you for the day ahead.

● *Please check with your GP if you have any medical conditions before you try cold swimming.*

By Emma Hawkins, **Pictures** Getty Images



Warm up slowly afterwards

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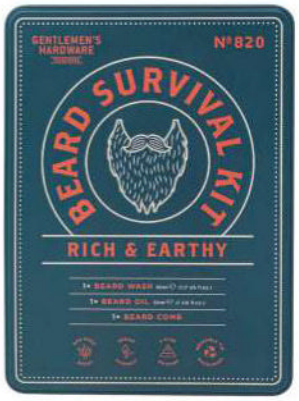
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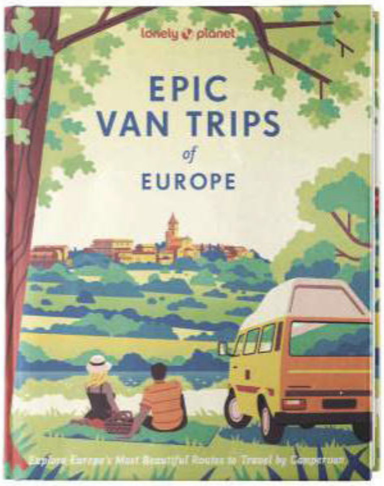
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By Carly Honeyfield

THE DARKEST CRIMES AND EVIL MINDS

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MORMON MANSON: CULT LEADER KILLS FROM BEYOND THE GRAVE

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CRIME MONTHLY
ISSUE 76
JUNE 2025
THE DARKEST CRIMES AND EVIL MINDS

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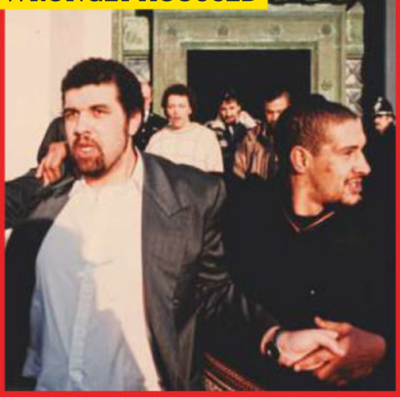

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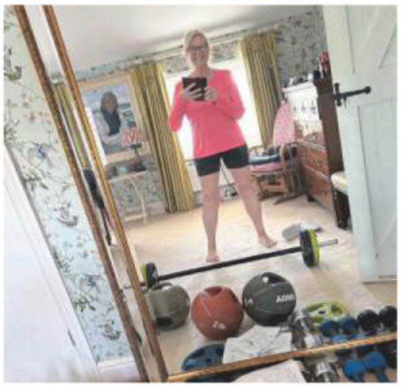
£50 Star letter

Going the wrong way

I was saddened reading your story about the royals rallying around the King after Harry's interview (issue 19). He and Meghan have gone about dealing with their problems in the wrong way. They could both still be in the UK, doing good work in the country if they hadn't made it all so public. If I have a problem, I don't let all and sundry know about it!

Arianna Taylor, Elgin



Admirable Fern

I have always liked and admired Fern Britton and loved reading about her positive mindset in issue 17. Her personal life has always been aired in public and sometimes not in a good way. After losing both her parents and the breakdown in her relationship, I really respect her inner-strength and the way she has picked herself up.

Alison Payner, Rugby

Talking point

As technologies change the way we pay, more companies have announced that they will only be accepting card payments. So, we ask, should we embrace a cashless society?

I think cash will always exist in some form, but fewer and fewer places will end up taking it. Since Covid, it has felt a bit unsanitary to me.
Joyce Nelson, via Facebook

As someone who collects loose change in a jar as savings, I'll have to find another way to do things if cash does disappear!
Jackie Owens, via Facebook

While I always carry cash on me, I very rarely use it.
Deanna Vek, via Facebook

I can't see it going any other way, unfortunately. Cash is simply old-fashioned now.
Margaret Walker, via Facebook

By Stephen Leng. **Pictures:** CBS/Planet Photos/Instagram/Shutterstock

THIS WEEK Bella LOVES...

Boxtapas

If you've been fancying a bit of an al-fresco treat now the weather is warming up, this new range of delicious tapas boxes could be for you. With different categories, including classic, gourmet, seafood or chorizo, the packs contain the basis for some lovely meals, picnic-like treats or just for something new to enjoy in front of the telly on a Saturday night with friends! Check out boxtapas.co.uk for more information.

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‘I want all babies to get the treatment my little girl missed out on’

When her baby girl Willow struggled to sit up, Lorna Christie, 36, knew something was wrong…

Willow was a healthy, happy baby

Waking up refreshed after yet another full night’s sleep, I smiled at my gorgeous baby, Willow, in her cot. ‘We’re lucky to have such an easy baby,’ I said to my partner, Lee. Willow really was a dream. Lee and I already had three children between us when we got together in 2017 and when I found out I was pregnant again in 2019, we were delighted that we were adding to our blended family.

From the start, Willow was a happy baby. Soon she was sitting up, beaming at us with her toothy grin, yet one day something niggled me. Willow was nine months old and I knew that most babies tried to pull themselves up by that age but my smiley, engaging little girl just lay in her cot on her back. ‘Surely I should have to lower the cot level by now like I did with Jack,’ I said to Lee. ‘I’m sure she’ll develop in her own time,’ he reassured me. One day, Willow was sitting up, when she just toppled over. Then I realised she had stopped moving her legs altogether. I tried not to panic but inside I felt dread. ‘I think we need to see the GP,’ I said.

Willow was a flower girl at her parents’ wedding

But it was March 2021 and the middle of lockdown so getting an appointment was difficult. It was then Lee told me about his baby nephew, Sol-John. The little lad had died 11 years earlier of a condition called Spinal Muscular Atrophy (SMA) when he was just three months old. It was a progressive disease which weakened the muscles and, in the worst cases, led to death. ‘Do you think there’s a link?’ Lee asked. It saddened me to learn of the little boy’s fate but deep down I was terrified for Willow and hoped there was another explanation.

> ‘We need to test you’

We finally managed to see our GP and told him our fears but he said we’d have to wait until Willow was at least two before we could get her tested. Back home in Irvine, North Ayrshire, I did some research and discovered the earlier the disease was treated the better, so I knew it was a race against time. A few weeks later we managed to see a physiotherapist who got us an appointment with a specialist. The consultant realised Willow had no reflexes and asked us about our family history. I asked him if he

Lorna with Lee and Willow

thought she had SMA. ‘We’ll do some blood tests and wait for the results,’ he replied. That night, I sobbed, devastated at what this meant for our family. I was pregnant again as well so was also frightened our new baby might have inherited the condition too.

The next week we were called back to the hospital to be told the devastating news that Willow did have SMA. ‘We need to test you both to see if you’re carriers,’ the doctor said. I felt shattered at the thought that Willow would never be able to do the things other children took for granted. It felt too much to bear, made worse by the fear that my unborn baby might also have the disease. A few days later though, doctors came back with one bit of good news. Although Lee and I were both carriers, our unborn baby was unaffected. The relief was overwhelming.

Our main concern was now getting Willow the treatment she needed. Doctors first offered her a drug which had to be administered by spinal infusion under general anaesthetic every three months. It sounded brutal, and not something I wanted to put my baby through. We decided to think about it, but one evening the following week we were watching the news, when we saw something that would change our lives. ‘Lee, look at this,’ I said astounded. There was a news report about a trial drug called Risdiplam which had been licensed to treat SMA. The results had been positive and I knew it was given orally which would be much kinder for Willow. The next day I managed to contact the doctor who said Willow would qualify for the treatment. For the first time in months, I was filled with hope.

‘I was filled with hope’

Just weeks later, Willow was given approval to start the drug. By now our daughter was 14 months old, could no longer sit up and was also having trouble with her breathing, but it was amazing what an immediate difference Risdiplam made. Within weeks, she was no longer toppling over, could breathe more easily and could move her legs for the first time in months. We knew she’d never walk and run like other children, but just to see her getting stronger was incredible. Our biggest joy was when she started to crawl at the age of three and half. It’s something most babies do at less than a year, but for us it was a huge moment.

In June 2023, Lee and I got married. Willow and her big sister Morgan, 10, were flower girls while little brother Harris, two, and our other sons Jack, 15, and Cameron, 16, were page boys. It was an amazing day.

Now, Willow has a special wheelchair when she’s out and about, but at home she’s strong enough to shuffle around on her bottom. We’re campaigning for all newborn babies to be screened for the condition like it is in the US and some European countries. If they test positive, there’s now a drug licensed on the NHS called Zolgensma, and a single injection at birth is designed to address the genetic root cause of SMA by replacing the faulty or missing gene, meaning babies won’t develop the condition. The drug is too late for Willow, now four, because once the disease has taken hold, it can’t reverse the damage, it can only prevent the condition getting worse. But Willow is a gorgeous, happy little girl who is thriving and doing amazingly well and we couldn’t be more proud of her.

For more information visit smauk.org.uk and follow the family on Instagram @willowsjourney_sma_type2

Willow is stronger now

By Helen Garston **Wedding Pictures:** Peter J. Stevenson Photography

Dear Kate...

Counsellor Kate Medlin answers your personal, sexual and emotional problems

I think I've offended her

Q I have a friend who has a holiday home in another country. She recently invited me and my family to be her guests for a week in the summer, which is so generous of her. However, my son (15) is gay and it is illegal to be gay in the country that we'd be visiting. I told my friend that we wouldn't be able to accept her kind offer, without explaining why, but she pushed me for a reason. I guess I could have said we'd already booked somewhere, or the dates didn't work for us, but I told her the truth. That we wouldn't visit a country whose LGBTQ rights were non-existent. She seemed quite taken aback, but didn't say anything, as we were with some other friends. She then sent me a message saying that she wasn't even aware of the LGBTQ laws in that country and that I'd embarrassed and shamed her for telling her in such a blunt way, in front of others. Then she accused me of calling her homophobic. We haven't spoken since, and I don't know how to break the ice. I don't want to apologise to her because I don't think I've done anything wrong, but she's a good friend, and I don't like the idea of her being upset and I don't want to lose her as a friend.

A It sounds to me like your friend feels judged by you, and is responding *as if* you have accused her of not caring about gay rights, or worse, of being actively homophobic. Therefore, she's gone into full-on defensive mode. On some level, she's right. She is embarrassed, but that doesn't mean that you *made* her feel that way. She is embarrassed that she doesn't have to consider how the laws in that country would affect her, and that you've pointed out to her that there are those who do. It was a blind spot to her, and it's one that you, and your son, have to be all too aware

How dare she say that to me!

Q I have a four month-old baby and as he's the first grandchild on both sides, he gets a lot of attention. My mother-in-law pops in all the time, whether it's convenient or not! The other day, I was eating some cake – because breastfeeding makes me so hungry – and my MIL said, 'Do you really need that?' I'm a new mum, struggling with lack of sleep. I don't even recognise my own body! I was gutted. I walked away, told my husband to tell her she wasn't welcome, and that if he wanted his mum to see the baby, he'd have to take him over to see her. He says I'm overreacting. Am I?

A It's understandable in your position to feel deeply offended by your mother-in-law's comment. It was thoughtless, unnecessary, and offensive. Having your first baby can be a joyful time for a woman, but it is often also very difficult. Everything you've been as a woman up until that point in your life gets thrown out the window. So, of course a comment like this one is going to land hard. However, to use a relevant analogy, is it worth throwing out the baby with the bathwater? Does the response need to be so all or nothing? If you refuse to let your MIL visit, the ripples will be far reaching. Why not put some ground rules in, such as no 'pop-ins', or set a day/time when it's Grandma time? But more importantly, let her know that her comment upset you.

She judges my spending

Q My best friend is having a destination wedding and asked me to be her Maid of Honour. As we have two kids, it would cost us over £10,000 to all go. I declined as soon as possible so she could find someone else, but she is really cross. She keeps making comments, implying that if I managed my money better, I could afford to go. I did think about going alone, but it's right in the middle of the school holidays, and I couldn't get enough time off work to also go away with my family. Plus, it would still take out a big portion out of our holiday budget. I feel terrible, but also a bit angry with her. How can I make it all better?

A Sometimes, when we upset someone, it isn't about working out who's right or wrong. The way through this is to just acknowledge each other's feelings. It's obvious you're as disappointed at the thought of missing her wedding as she is about you not being able to attend. I imagine the snarky comments are leaking out because you haven't cleared the air. Try this

Letters and replies may be edited for length/clarity. **Pictures:** Shutterstock

Write to **Dear Kate**,
Bella, The Lantern,
75 Hampstead Road,
London, NW1 2PL, or email
bella.advice@bauermedia.co.uk.

Kate will attempt to respond to as many letters as possible through her page

of. She thought she was gifting you something that you would feel grateful to receive, but she's ended up feeling like you returned the gift, unopened. Like you have snubbed her generous offer. You don't need to apologise for being honest about why you are choosing not to go to her holiday home. But perhaps it's worth having a conversation with her, even though it might be difficult, or possibly awkward. Leaving these things to fester will mean that it will always be a barrier between you. If, as you've explained, the friendship means so much to you, approach her with compassion and kindness to counteract the possibility that she feels judged by you. This isn't about needing to be right, or prove the other person wrong. Maybe you just need to let her know exactly what you wrote in your letter – that you still love and value her, and nothing that's happened recently has, or ever will change that.

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exercise – each of you talk for five minutes, and the other one isn't allowed to say a word. That way, neither of you will get defensive, because you'll be focusing on really hearing each other.

BELLA ADVICE LINES

Do you suffer from anxiety?
0906 652 5070

Getting over depression?
0906 652 5076

Bereavement
0906 652 5077

Impotence
0906 652 5078

Relationship breakdown
0906 652 5079

Calls cost 65p per minute plus your network access charge. Calls last approximately four minutes. You must be over 18 to call and have the bill payer's permission. UK SP: Spoke 0333 202 3390

Horoscopes

By Jane Struthers For the week 3–9 June

CANCER
22 June – 23 July

There's change in the air and it's going to be very beneficial. Concentrate on enjoying friendships from the 6th, whether they're old or new – it's all about forging bonds with others. You enter an important period of psychological growth from the 9th.

Theme of the week: Modesty

☎ 0906 650 7233

LEO
24 July – 23 August

Dealing with people in authority is much easier than usual from midweek. On the 7th, try to find an emotional link with whoever you're dealing with. Tread carefully on the 9th, when any hint of change in a relationship spurs you to cling on. But should you?

Theme of the week: Contemplation

☎ 0906 650 7234

VIRGO
24 August – 23 September

Concentrate on the finer points of a current goal at the start of the week – you're on great analytical form. Long-term hopes begin to occupy your thoughts from the 8th, so think about the future. Try to avoid being pessimistic on the 9th. It will narrow your options.

Theme of the week: Companionship

☎ 0906 650 7235

LIBRA
24 September – 23 October

Relationships bring you joy from the 6th, beginning a glorious phase in which you can enrich close connections. There's also a possibility of benefitting from a partner's good fortune. Jealousy and possessiveness hover in the background on the 9th.

Theme of the week: Ambition

☎ 0906 650 7236

SCORPIO
24 October – 22 November

There's a huge emphasis on your relationships at the moment and it becomes even more pronounced from the 6th. Do your best to foster harmony with people, although that's easier said than done on the 7th, when someone insists on clinging to the past.

Theme of the week: Adventure

☎ 0906 650 7237

SAGITTARIUS
23 November – 21 December

Keeping on the right side of others is taking up a lot of time. You're happiest when things are convivial, so you're prepared to make concessions. On the 8th, you're interested in what makes others tick. Shared finances receive a boost from the 9th.

Theme of the week: Understanding

☎ 0906 650 7238

CAPRICORN
22 December – 20 January

Domestic niggles are still causing a few upsets. Try to find solutions rather than dwell on the problems themselves, because that will only make them loom larger than ever, especially on the 9th. Remind yourself that you're only seeing part of the picture.

Theme of the week: Loving connections

☎ 0906 650 7239

Angelina Jolie – 50 on 4 June

GEMINI
22 May – 21 June

A domestic glitch needs your full attention at the start of the week. You're brimming with positivity on the 8th, which is a fantastic day for coming up with ambitious ideas. It's also a terrific day for self-publicity, provided you don't end up promising too much.

Theme of the week: Finances

☎ 0906 650 7232

AQUARIUS
21 January – 19 February

Spend time with your favourite people this week. They'll cheer you up and inspire you to take a new direction. You're bright, lively and funny on the 8th, so it's a perfect day to be sociable. If you meet someone new, they'll be impressed by your sparkle.

Theme of the week: Home turf

☎ 0906 650 7240

PISCES
20 February – 20 March

Go carefully with money. Not every bargain is worthwhile and not everyone is honest. You love mixing with others from the 6th, and dealings with neighbours look promising. On the 9th, you shy away from harsh facts, particularly if they concern a special someone.

Theme of the week: Conviviality

☎ 0906 650 7241

ARIES
21 March – 20 April

Midweek is perfect for keeping in touch with people whose company you enjoy. Unfortunately, on the 7th, an old score comes between you and a friend. Try not to stoke up more resentment. Family life flourishes from the 8th, with improvements on the way.

Theme of the week: Creature comforts

☎ 0906 650 7230

TAURUS
21 April – 21 May

How about splashing out on a few treats? They're ultra-tempting from the 6th, especially if you're thinking of enhancing your image. This is also the start of a phase when your charm ratio shoots up the scale, and on the 7th you enjoy putting it to very good use.

Theme of the week: Excitement

☎ 0906 650 7231

For a more detailed weekly forecast call the number for your star sign. Calls cost 65p per minute plus your network access charge. Weekly forecasts last approximately four minutes. Messages are pre-recorded. For entertainment and guidance purposes only. Users must be over 18. Service provider: Spoke. Customer service number 0333 202 3390 (9am-5pm).

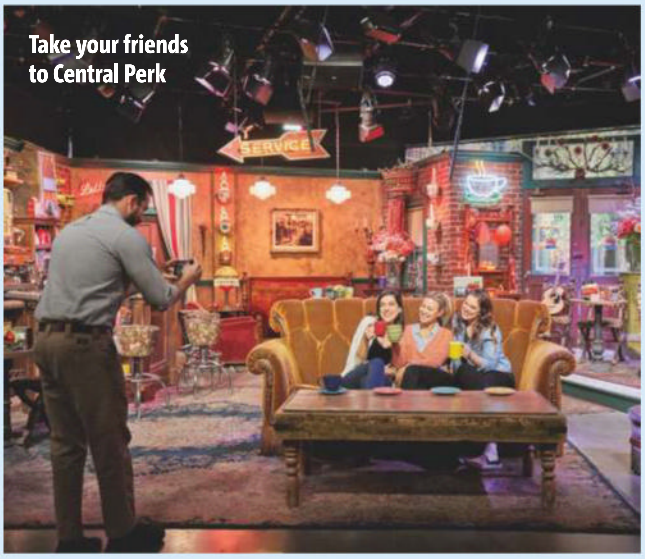
California's entertainment capital boasts sun, sea and family fun

Hollywood's calling!

Why go?

Think of Los Angeles and you conjure up visions of A-list stars and Hollywood glamour. And while it's true that the City of Angels is America's entertainment capital, it has so much more to offer for friends, couples and families.

Known for its year-round sunshine – think shorts and T-shirt weather in the winter, if you're lucky – Los Angeles is home to stunning hotels, incredible restaurants and so much to do, you'll run out of time!



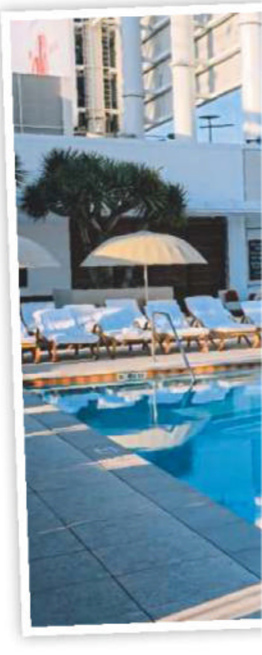
Take your friends to Central Perk

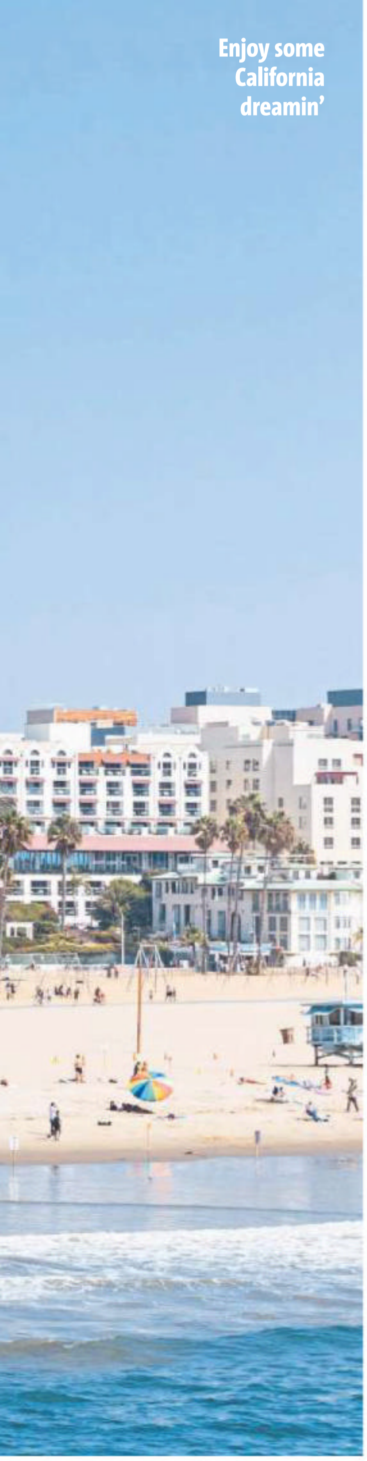
Movie magic

There's nothing like feeling you're stepping through the screen and into some of your favourite films and TV shows, and in Los Angeles, you can do it again and again.

At Warner Bros Studio Tour Hollywood, you'll get to explore a working film studio and even walk the streets you've seen in iconic films. You can visit the sound stage that was home to *Friends* for 20 years, and pose on that famous Central Perk sofa.

You can also experience the magic of the movies at Universal Studios which has its own studio tour – where you might see some familiar characters like *Jaws* and *Psycho*'s Norman Bates – and you can grab a butterbeer in The Wizarding World of Harry Potter or play your very own game of Mario Kart in the brand-new Super Nintendo World.





Enjoy some California dreamin'

Get happy in Disneyland

Disneyland on your doorstep

A 40-minute drive from Downtown Los Angeles brings you to the happiest place on Earth. Disneyland Resort, California, is split into two parks – the main park and Disneyland California Adventure – and you can easily spend a day or two working your way around both.

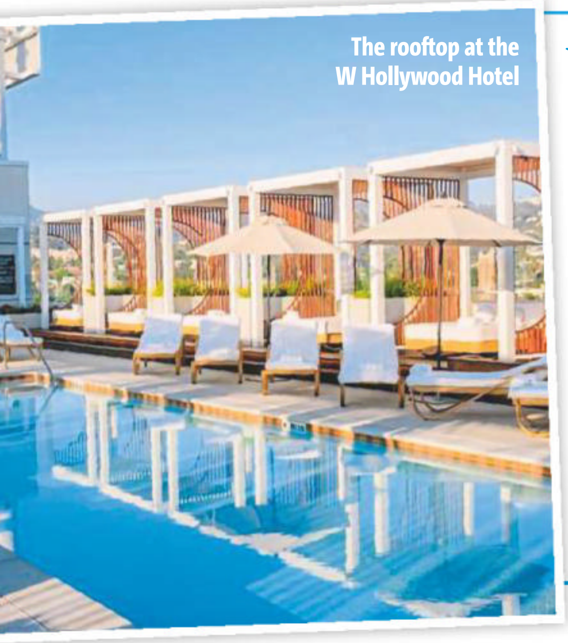
In the main park, hop on classic rides like Pirates of the Caribbean, pose in front of the castle and even join Rey and the resistance to fight Kylo Ren in the latest mind-blowing *Star Wars* attraction. In California Adventure, race around the Radiator Springs track in Cars Land before teaming up with Spider-Man and the Guardians of the Galaxy at the Avengers Campus.

Fun for all

Don't go thinking LA is all about Hollywood. Sports fans have plenty to sink their teeth into as the city is preparing to host the Olympic Games in 2028.

The Intuit Dome – which will serve as the venue for basketball games during the Olympics – features some of the most innovative technology you'll ever come across. Kids – and adults – can run wild at the Balloon Museum in the Arts District, teens will love a shopping trip to Venice Beach, and we also highly recommend a hike up Mount Hollywood to get your all-important picture in front of that sign before visiting Griffith Observatory.

Hit the beach



The rooftop at the W Hollywood Hotel

Where to stay

With so many amazing options, we'd recommend splitting your time between more than one hotel to give you the chance to explore different parts of the vast city.

Start in the recently renovated W Hollywood. Head up to the stunning rooftop pool for views of the city and the Hollywood sign. The food in the hotel restaurant is delicious (try the avocado toast for breakfast) but if you want to venture out, you're just minutes from Hollywood Boulevard.

For a change of scenery, The Omni in Downtown LA is a great family-friendly base to explore vibrant areas such as Little Tokyo and the Arts District. The hotel even offers a complimentary luxury shuttle service with a three-mile radius to help you explore.

NEED TO KNOW

- Rooms at W Hollywood start around £240 per night, book at mariott.com
- Rooms at Omni Downtown Los Angeles start at around £140 per night, book at omnihotels.com
- A return flight from London Heathrow to Los Angeles with British Airways starts at £418. To book, visit ba.com
- For more information, visit discoverlosangeles.com

By Katie Holloway. **Pictures** Getty, Shutterstock

TV WEEK

Love Island

MONDAY 9 JUNE, ITV2

Get ready for plenty of sun-soaked, saucy shenanigans – the original dating show returns with a fresh batch of singles eager to have the summer of a lifetime and hoping to find their perfect partner. Host Maya Jama will once again be presiding over all of the in-villa action as the class of 2025 get set for a series full of twists and turns. From bombshell arrivals to surprise dumpings, the islanders in sun-drenched Mallorca must truly expect the unexpected. This – the 12th series – marks a decade since the show first hit screens in 2015, and since then it has been streamed more than two billion times.

THE GOLD

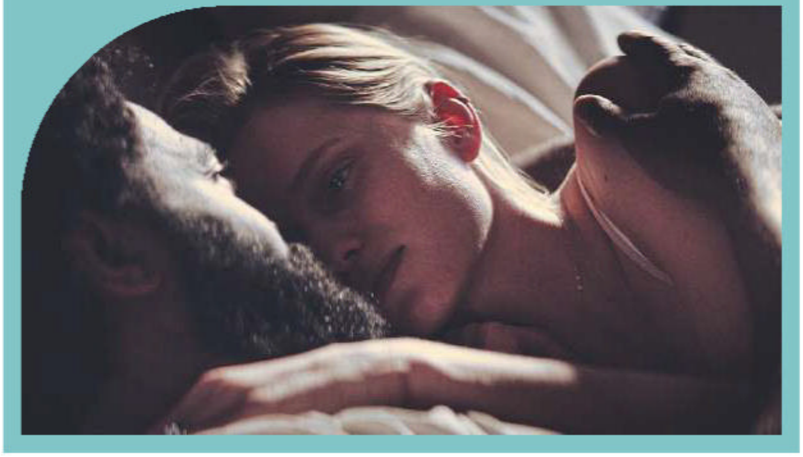
SUNDAY 8 JUNE, BBC1

The factual drama inspired by the true story of the 1983 Brink's-Mat robbery, and the decades-long chain of events that followed, returns for a new six-part series. After the conviction of some of those involved in the theft of the gold, the police (Hugh Bonneville, Charlotte Spencer, Emun Elliott) realise that those criminals only ever had half of the stash. Series two explores what happened to the rest and the criminal fortune it created. As the case continues, it becomes a high-stakes journey into international money laundering and organised crime, as the officers desperately try to solve the longest and most expensive investigation in the history of the Metropolitan Police.

Beth

SATURDAY 7 JUNE, CHANNEL 4

A three-part science-fiction drama about married couple Joe (Nicholas Pinnock) and Molly (Abbey Lee) who seem to have it all. They're deeply in love, successful in their careers and living the high life. But one thing is missing – a child. So when Molly falls pregnant after years of false hope, it feels like a miracle. Months later, when their daughter, is born, she's as Caucasian as can be, with no resemblance to Joe. With the couple thrown into turmoil, Joe begins to unravel a shocking truth that rocks him, Molly and, potentially, the world. Can he keep his discovery a secret in order to protect his family?



By Julie Emery, **Pictures** BBC, C4, National Geographic, Orion

Ocean With David Attenborough

SUNDAY 8 JUNE, NATIONAL GEOGRAPHIC/DISNEY+
David Attenborough takes audiences on a deeply personal and cinematic journey through Earth's most awe-inspiring marine ecosystems, revealing both the grave threats they face and the achievable solutions that can restore ocean health and stabilise our climate. Stunning, immersive cinematography showcases the wonder of life under the seas and exposes the realities and challenges facing our ocean, from destructive fishing techniques to mass coral reef bleaching. Yet the story is one of optimism, with Attenborough pointing to inspirational stories from around the world to deliver his greatest message: the ocean can recover to a glory beyond anything anyone alive has ever seen.

JAMIE'S DYSLEXIA REVOLUTION

TUESDAY 10 JUNE, CHANNEL 4

Despite struggling with dyslexia and leaving school with just two GCSEs, Jamie Oliver is an example of how we all learn and flourish differently. In this powerful doc, he delves into the challenges that are faced by an estimated 870,000 children with dyslexia across Britain. 'It's no secret I struggled at school, but I was one of the lucky ones,' says Jamie. 'I knew I wanted to be a chef, so I had somewhere to go, catering school. But what happens to those who don't know where to go? We can't leave kids' futures up to luck. We need the education system to update, so everyone has the best possible chance in life.'

OUR YORKSHIRE SHOP: A VICTORIAN RESTORATION

SUNDAY 8 JUNE, CHANNEL 4
This heartwarming series follows a group of volunteers in the North Yorkshire town of Masham as they try to restore their oldest shop and bakery, Peacock & Verity, to its former glory. However, with a timeline of just five weeks before the planned big reopening, the shop a wreck and the ancient ovens in disrepair, the volunteers have a massive task on their hands. But after a recruitment drive at the local steam rally – with the volunteers dressed in some attention-grabbing period costumes – the team grows and is soon working together in a heroic effort to make the town's dream come true.

NEW THIS WEEK

FILM

Dangerous Animals

Rebellious surfer Zephyr has run from her past to find solace on Australia's east coast. When she finds herself falling for a fellow surfer, she escapes to the waves – only to be abducted by a shark-obsessed serial killer. Held captive on his boat, Zephyr must race against time to find a way to escape. If she doesn't, he'll carry out a ritualistic killing to the sharks below... A tense survival horror film.

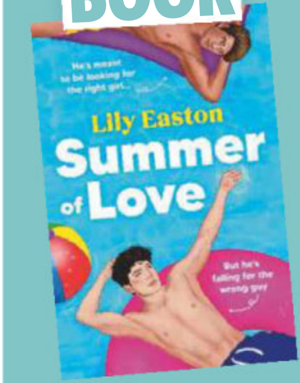
EVENT

Cheltenham Science Festival

Celebrating the transformative power of science, Cheltenham Science Festival returns for 2025, continuing the theme 'be the change'. Speakers include physicist Brian Cox, crime scene investigator Jo Ward and internet sensation Big Manny, with subjects ranging from women in stem, AI and the NHS, to the hot topic of whether Ozempic is a wonder drug. From 3-8 June, with tickets available at cheltenhamfestivals.org

ART
ENTRANCE
MAKING
MAKING
SCIENCE
THE MAKERVAN IS NOW FULL
Opening Hours

BOOK


He's meant to be looking for the right girl...
Lily Easton
Summer of Love
But he's falling for the wrong guy

Summer of Love

by Lily Easton (Canelo Romance)
Millions are watching as boxer Declan King competes on a reality dating show – but he's rapidly losing his heart to the one person he shouldn't want... Oliver Wright, a ballet dancer, needs the prize money to move to New York to get his ex-girlfriend back. But when his and Declan's on-screen bromance leads to a behind-the-scenes kiss, they can no longer deny their attraction – and they must decide what they are willing to give up to live in the public eye, even if it means each other. A sizzling summer read.

BOOK

The Book Game

by Frances Wise (Fourth Estate)
It's August and eight old friends gather at a country house for a writers' retreat. By day, they write in the shady corners of the estate. In the evenings there are drinks, dinner outdoors, games and midnight swimming. But as temperatures rise in the stifling last days of summer, tensions do too. Old jealousies, new temptations and bitter rivalries bubble to the surface. By the end of the week, friendships – and lives – will have changed forever. A gripping page-turner.

FRANCES WISE
THE BOOK GAME

‘It’s quite tricky

Lee’s on-screen wife Lucy has been played by Sally Bretton since 2007

Since it first appeared on our screens in 2006, *Not Going Out* has been a big hit with viewers, seeing creator Lee Mack’s character (also handily called Lee) evolve from a lazy slacker to a family man with wife Lucy (Sally Bretton). Now, as the 14th series is about to air, Lee reveals a change of direction for his sitcom, a woeful misdiagnosis of his co-star’s stomach pain, fun with a sex robot – and why he’s not looking back in anger, despite a snub from Oasis star, Noel Gallagher.

Tell us about the new series...

It’s still centred on married couple Lee and Lucy, but their three children have gone to university and they’re moving out of the family home to their dream house. We see them trying to negotiate the price of the property in the first episode while fending off another prospective buyer.

You co-write *Not Going Out*, to what extent is it autobiographical?

One of my three children is at university and another one will go, so, to some extent, it mirrors real life. And, like my character, I’m a big Oasis fan. Trying – and failing – to get tickets for their comeback tour inspired one of the new episodes.

We’re surprised to learn that an influential person like you couldn’t land Oasis tickets...

I was livid that I didn’t get any and if somebody out there has any, please do get in touch! We did think about asking Noel or Liam to appear in the Oasis episode, perhaps playing a delivery driver who comes round to the house with tickets for an Oasis concert, something like that. I managed to get Noel’s number from Rob Brydon, so messaged him about him possibly getting involved in the show but heard nothing back – and that was eight months ago. I’m tempted to message him again and say, ‘So is that a no?’ but I think I might leave it.

Talking of leaving things, we understand that medical diagnoses are probably something you might also want to steer clear of in the future...

Sally told me while we were working on the Oasis episode that she was suffering this increasingly nagging pain in her stomach and that she thought she might have appendicitis. I said, ‘You wouldn’t be here filming if you had, you definitely haven’t got it, what

filming with a sex robot!'

Lee Mack reveals all about the new series of *Not Going Out*

Crying his heart out because he can't get Oasis tickets

you've done is pull a muscle – I'm 100% certain of that.' The following day she was in hospital having her appendix out and filming was put on hold for a couple of weeks while she recovered.

Has she forgiven you?

Oh yes. Sally and I get on really well, always have done. I don't think we would have worked together for so long if we didn't. Catherine Tate played the original love interest, in a sketch show version of *Not Going Out* at The Edinburgh Festival Fringe, before American actress Megan Dodds appeared alongside me in the first TV series. But Sally has been on board since series two in 2007.

We hear there is an episode in the new series featuring a female sex robot. Was that fun to film?

Actually, it was quite tricky! It's surprisingly difficult to buy a robotic sex doll, so we had to find an alternative way of making the episode work. We were going to use an actress to play the part, but it was impossible not to see her breathing so we had a robotic sex doll constructed for us. It worked really well – she moved her head, her mouth, her ears and her eyes, it was brilliant. So, yes, I was in a double-act with a sex robot, although please don't make that the headline on your article!

Care to tell us what became of the sex robot?

It may possibly have ended up at my house or at least the head did. The problem is the batteries in the robot have pretty much run out and, as a consequence, the eyes have gone all Marty Feldman. For younger readers, I mean they've gone all bulbous, with one eye looking at me and the other staring into the distance. It's quite disconcerting.

To finish on a more sombre note, there's a photograph of Bobby Ball on the mantelpiece of Lee and Lucy's new home, the late, great comedy star who died in 2020. A fitting tribute to a showbusiness legend and the man who played your character's dad, Frank?

Absolutely. Bobby was a great friend as well as a co-star and we had a lot in common. We were both from non-acting backgrounds, both from the north of England and both stand-up comedians used to performing in front of live audiences. I was brought up watching Bobby on TV, I thought he was brilliant. I miss him a great deal – we all do.

● *Not Going Out, Friday June 13, BBC1*

The actor with his telly dad, the late Bobby Ball

By Tim Oglethorpe, **Pictures** BBC

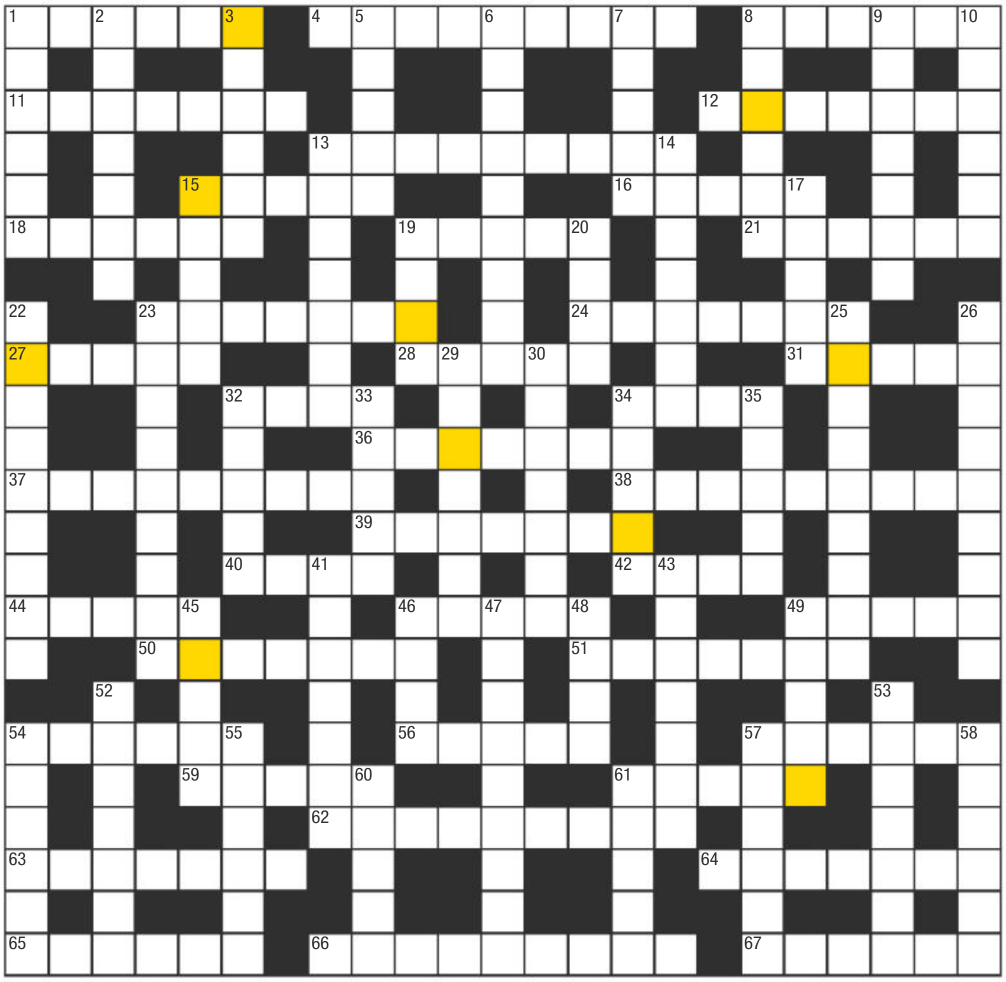
Puzzles

YOU could be in with a chance of winning £200

PRIZE crossword

WIN £200

Solve the crossword to find, reading from top to bottom in the shaded squares, the name of a British star of stage and screen. This is your competition entry answer. See the 'How to enter' panel, below right.



Across

1 Set of cooking instructions (6)
4 Earnestness, anagram of TINY CRIES (9)
8 Spiky desert plant (6)
11 Root vegetable (7)
12 Nonprofessional – dramatics? (7)
13 Small puff pastry case with a savoury filling (3-2-4)
15 Claude - - -, French Impressionist who created the *Water Lilies* series of paintings (5)
16 Doner or shish meal (5)

34 Across

18 Grounds, motive (6)
19 *James And The Giant - - -*, Roald Dahl story (5)
21 Of greater duration (6)
23 Coffee shop worker (7)
24 Glitz (7)
27 Lebanese tree (5)
28 Take That no 1, *- - - Days* (5)
31 Capital of Bulgaria (5)
32 - - - Turner, music icon whose hits include *Private Dancer* (4)
34 - - - Bean, *This City Is Ours* actor, pictured below left (4)
36 Welsh cheese on toast dish (7)
37 Grand National runner, eg (9)
38 South African dancer whose sister is *Strictly* judge Motsi (3,6)
39 Artist's studio (7)
40 Monster loch? (4)
42 Female servant (4)
44 Bid, tender (5)
46 Aquatic mammal such as Tarka (5)
49 Underwater swimming activity, - - - diving (5)
50 - - - Osman, bestselling author of *The Thursday Murder Club* (7)
51 Very soon (2,1,4)
54 Eraser (6)
56 Jaws? (5)
57 *Mission: Impossible – The Final Reckoning* star, Tom - - - (6)
59 Circular (5)
61 Pungent bulb (5)
62 Small songbird, anagram of DREGS CLOT (9)
63 Swedish actress whose breakthrough role was Honey Ryder in *Dr. No*, Ursula - - - (7)
64 Device for measuring electric current (7)
65 *- - - Calling*, song by The Clash (6)
66 - - - lounge, place where passengers wait immediately prior to boarding (9)
67 Nullify (6)

Down

1 Light thrusting sword (6)
2 Of the heart (7)
3 US inventor, Thomas - - - (6)
5 Fool (5)
6 Stamina (9)
7 Nellie the Elephant packed hers and said goodbye to the circus! (5)
8 Part of a drum kit (6)
9 *- - - Kicks*, hit for the Undertones (7)
10 Person who rides the waves – or the internet! (6)
13 Meat from deer (7)
14 Toasted sweet bun (7)
15 Grinding tooth (5)
17 Extra salary payment – from Brucie? (5)
19 Fuel from a bog (4)
20 Massive, enormous (4)
22 Concertina-like instrument (9)
23 Pub's pint puller! (9)
25 Traffic-halting barrier (9)
26 St Paul's - - -, landmark church designed by Christopher Wren (9)
29 Crop, yield (7)
30 Abate (7)
32 Proverb, 'There is no rose without a - - -' (5)
33 Access all - - -, permission to go anywhere! (5)
34 Tempest (5)
35 Wandering tribesperson (5)
41 *Saturday Night Fever* sequel, *- - - Alive* (7)
43 *Prince Charming* singer (4,3)
45 Vertical stair part (5)
46 - - - and evens, betting chances (4)
47 Sagittarius, or a Taylor Swift song (3,6)
48 Imperil (4)
49 Contempt (5)
52 Leave high and dry (7)
53 Italian cheese (7)
54 *Total - - -*, sci-fi film with Arnold Schwarzenegger (6)
55 - - - Conaty, *Last One Laughing UK* co-host, pictured below (6)
57 Olivia - - -, actress (6)
58 Come into view (6)
60 Fashion house, - - - & Gabbana (5)
61 Academy Award (5)

55 Down

Crossword Neil Locker. **Pictures** Shutterstock

COMPETITION AND GIVEAWAY RULES Competitions open to residents of the UK (including Channel Islands and the Isle of Man), Eire or BFPOs, aged 18 or over, except Bauer Media employees, its affiliated companies, any promotional partners, or their families and anyone connected with the competitions. Enter by text, online or phone. No purchase necessary. Answers must be the product of own work. Unless expressly stated, travel expenses and spending money is not included. There is no cash alternative to prizes and no alternative holidays can be offered. Prizes are not transferable. No responsibility can be accepted for entries that are delayed, damaged, mislaid or wrongly delivered, or for any loss in service of the online entry mechanism or for entries lost, delayed or corrupted due to computer error in transit. Only one entry per person. A winning entry is the first correct answer drawn after the closing date. For a free entry, enter online at bellamagazine.co.uk. Prizewinners will be notified by post on headed paper or by official email. The results are published. Winners must agree to the publication of their names, age and photos. The Editor's decision is final and no correspondence can be entered into. Your information will only be used to administer promotions in accordance with our privacy policy. Entry implies acceptance of these rules. Promoter: H Bauer Publishing. Full T&Cs can be found at bauerlegal.co.uk/competition-terms.html

Sudoku

Fill in the blank squares with the numbers 1 to 9 so that each row, each column and each smaller 3x3 block contains all the numbers from 1 to 9.

EASY

	1						3	
4			9		3			2
8		2				4		9
		5	3		6	8		
	8		1		9		2	
		3	7		4	5		
3		4				9		8
5			8		7			3
	2						5	

HARD

	1			5		8	9	2
6		8		9				3
7					3		6	
		6						
9	3			1			8	6
						4		
	7		9					4
1				2		9		7
3	9	4		6			1	

Take A Break Sudoku magazine, containing over 80 fun-to-solve puzzles, is on sale now.

WIN £200

PRIZE Arrowword

Solve the clues, writing your answers in the directions shown by the arrows, to reveal, reading down the shaded squares, the name of the country, along with the US, of which Scarlett Johansson holds citizenship. This is your competition entry answer. See the 'How to enter' panel below.

Scarlett Johansson

Pimple	▼	Troubled, perhaps (2,1,3)	Remedy	▼	--- *In Halifax*, TV series (4,5)	Pacific, eg	▼	Thames crossing, Tower ---	▼	Shoelace hole	Endless	Existed	▼	Dedicated poem
Matador's assistant	▶	▼	▼			▼		Give forth	▶		▼	▼	▨	Prestigious acting academy
Burden	▶				Quote	▶				Layer	▶			▼
▶								US actor, --- Schreiber	▶				Goes wrong	
Surprised, frightened	Glossy black	▶	▨		Fever	▶				River grass	▶		▼	
Paper-work	Church official		Tudor queen, --- Boleyn	▶				Frozen Arctic plain	▶		▨			
▶	▼									Film, --- *Of The Titans*		Choir voice		Hawaiian dance
Latin American dance		Noddy's policeman pal (2,4)	Scottish island							▶		▼		▼
▶		▨ ▼	▼							Of birth	Spanish for 'Goodbye'		Region, zone	
Premier ---, fine wine	▶			Thieve, nick						▶	▼		▼	
Picks	▶			▼						--- *The Explorer*, kids' show	▶			▨
▶										Fresh-water fish		Tripoli's country		High-IQ group
Bay	Naming word		Flows back		Duty list	▼	Legal	Musical, --- *And Dolls*	*New Tricks* actor, James ---	▶ ▼		▼		▼
▶	▼		▼		▨ ▼			▼	Typist's injury (1,1,1)	▶			Pose (a question)	
Lovable, adorable		Group of countries	▶				Utilise	▶			Prohibit	▶	▼	
▶				Very little	▶				Deep chasm	▶				
Deaden		Chair	▶				Maths problem	▶			Alias indicator (1,1,1)	▶	▨	

SOLUTIONS

Sudoku solutions can be found online now at bellamagazine.co.uk

ISSUE 20
PRIZE ANSWERS
Crossword
Donald Glover
Arrowword
Luton

Full solutions to this week's prize puzzles can be found at bellamagazine.co.uk after the closing date: 16 June 2025

HOW TO ENTER THE PRIZE COMPETITIONS

BY PHONE: 0901 130 0237

When asked for the issue number, key in 22. Calls cost 50p per call, plus your network access charge. (UK readers only.) You must be 18 or over and have the bill payer's permission.

BY TEXT: 65115

Text BEL22 then a space followed by your name, house number or name, your postcode, then your answer(s), all separated by a space, to 65115, eg Jane Smith 10 SL5 9JN Answer(s). Texts cost 50p plus your standard network rate. Keep texts under 160 characters or you may be charged for more than one text.

- If you enter after the closing date, you will not be entered but may be charged. Not available in Eire. Please ensure your entry is completed correctly, as incorrect entries may be charged but not entered. This is not a subscription service.
- **You are automatically consenting to receive further communications about these competitions from us via SMS text. You can opt out of this at any time by texting STOP to 65115.** This will be charged at your standard network rate, but you will need to do this each time you enter the competition by text. Your personal data will (regardless of whether you opt out) always be used to process your entry. For further information, see general terms and privacy policy at Bauerdatapromise.co.uk.
- Lines close at 11.59pm on 16 June 2025.

Phone UK SP: Spoke (0333 202 3390). Text SP: Bauer Media. Email smshelp@bauermedia.co.uk or call 0330 159 2525.

OR ENTER ONLINE:

Bellamagazine.co.uk

Continued over the page...

Puzzles contin

BITS & PIECES

We've taken a completed crossword puzzle and cut it up to give 24 pieces. Your task is to rebuild the puzzle with the help of the piece that we've already placed in the grid.

B	R	I									
A	■	D									
C	O	I									

U	R	E
D	■	A
E	S	T

O	■	A
L	E	Y
■	■	■

L	T	R
■	R	■
L	E	M

■	S	P
■	P	■
D	E	N

E	C	T
A	■	■
F	O	R

Y	A	N
■	T	■
P	E	R

■	A	■
E	P	T
X	■	R

■	C	■
P	U	L
■	L	■

P	E	N
■	■	C
A	R	Y

M	B	O
P	■	T
E	■	O

■	■	■
S	T	R
W	■	E

A	■	O
P	■	T
E	N	T

O	■	O
N	O	T
■	W	■

A	R	C
M	■	A
P	U	P

■	A	■
I	D	E
■	M	■

~~B~~	~~R~~	~~I~~
~~A~~	■	~~D~~
~~C~~	~~O~~	~~I~~

R	■	E
■	I	N
L	■	■

E	E	D
X	■	E
T	A	L

H	I	T
■	L	■
I	L	■

T	■	A
R	U	G
A	■	E

D	G	E
■	■	X
N	C	I

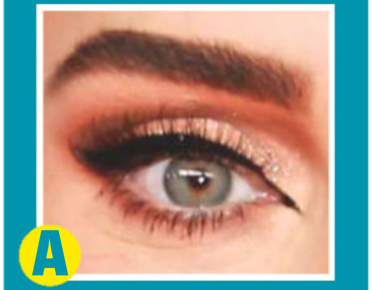
T	■	U
E	B	B
N	■	E

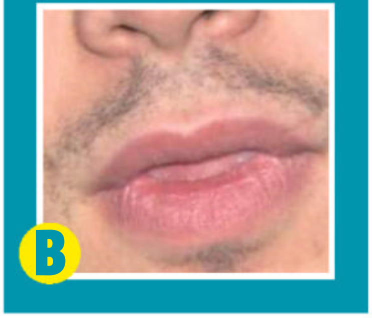
■	■	T
C	H	■
O	■	M

F	L	A
A	■	■
S	I	T

GUESS THE CELEB

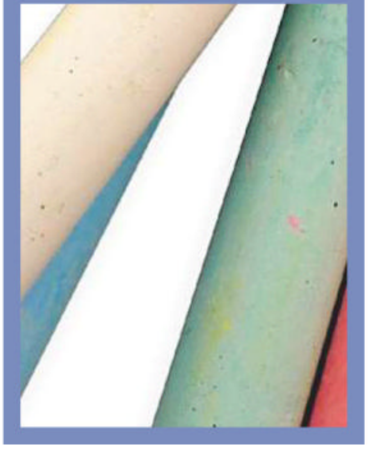
Can you name these stars by seeing close ups of their famous faces?


A


B

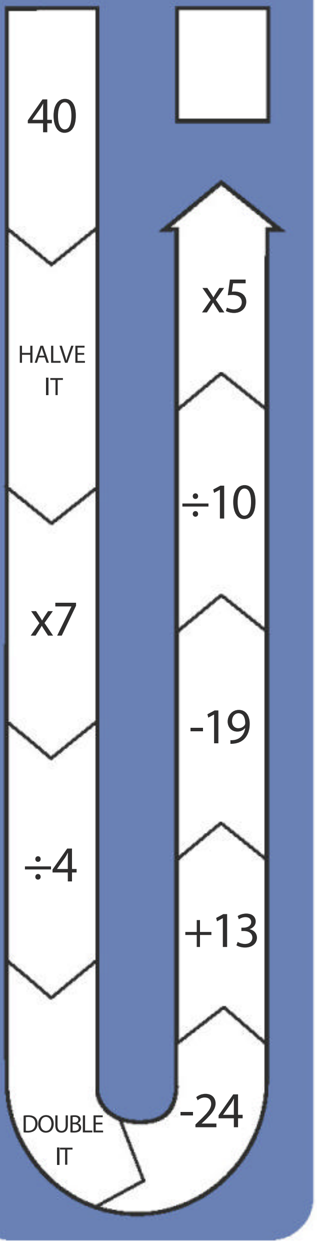
WHAT ON EARTH?

Can you guess what everyday object this super zoomed in photo shows?



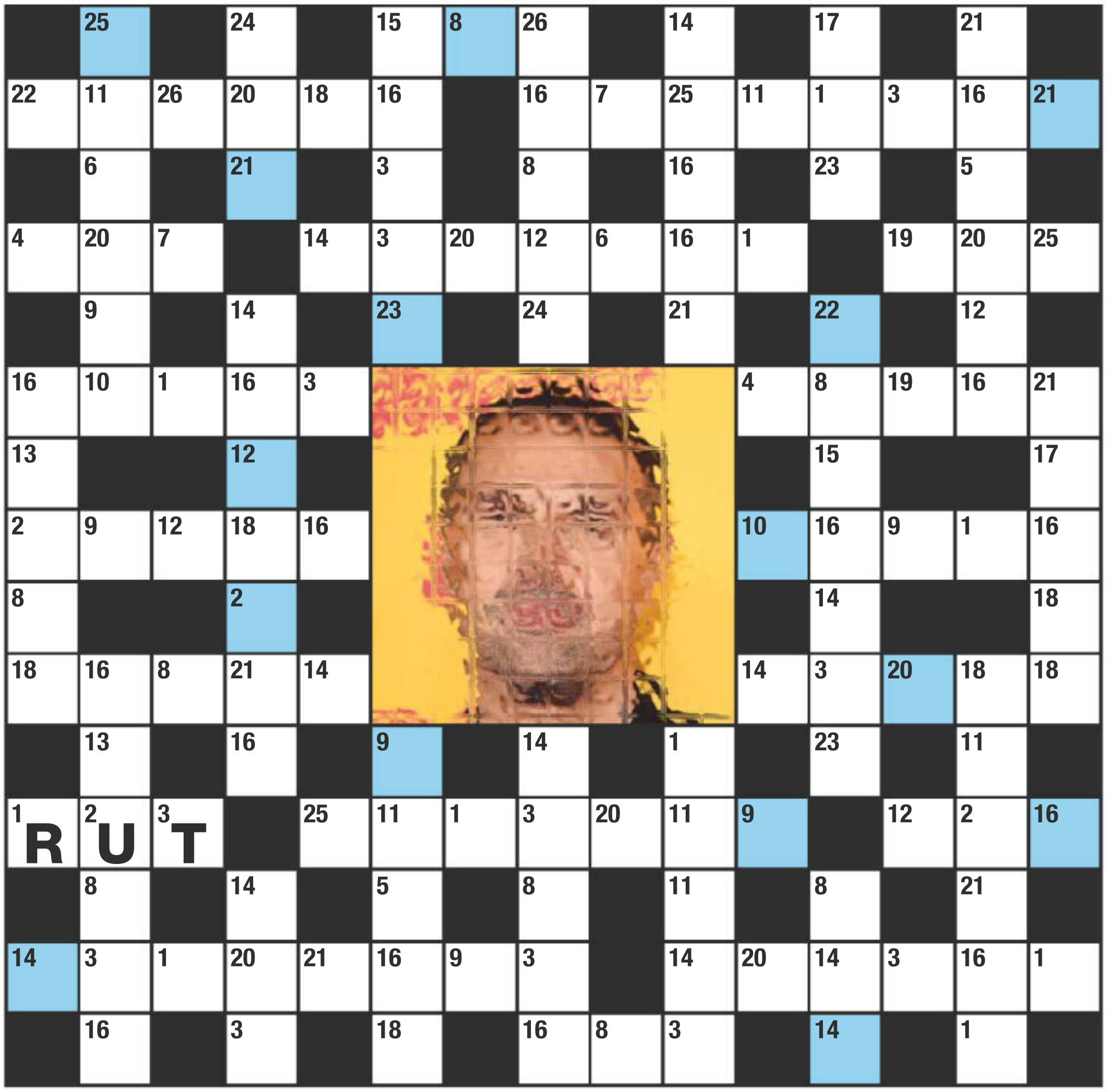
ROUND SUM

Work out the solution to the sum by following the instructions contained within the arrow.



CODEBREAKER

When you've solved this codebreaker, the identity of our disguised celebrity will be revealed in the shaded squares. Then, the same code will help you complete the lower grid and read a mystery fact about them.



■	25	■	24	■	15	8	26	■	14	■	17	■	21	■
22	11	26	20	18	16	■	16	7	25	11	1	3	16	21
■	6	■	21	■	3	■	8	■	16	■	23	■	5	■
4	20	7	■	14	3	20	12	6	16	1	■	19	20	25
■	9	■	14	■	23	■	24	■	21	■	22	■	12	■
16	10	1	16	3						4	8	19	16	21
13	■	■	12	■						■	15	■	■	17
2	9	12	18	16						10	16	9	1	16
8	■	■	2	■						■	14	■	■	18
18	16	8	21	14						14	3	20	18	18
■	13	■	16	■	9	■	14	■	1	■	23	■	11	■
1 R	2 U	3 T	■	25	11	1	3	20	11	9	■	12	2	16
■	8	■	14	■	5	■	8	■	11	■	8	■	21	■
14	3	1	20	21	16	9	3	■	14	20	14	3	16	1
■	16	■	3	■	18	■	16	8	3	■	14	■	1	■

ABCDEFGHIJ
KLMNOPQ~~R~~S
~~T~~~~U~~VWXYZ

1	2	3	4	5	6	7	8	9	10	11	12	13
R	U	T										
14	15	16	17	18	19	20	21	22	23	24	25	26

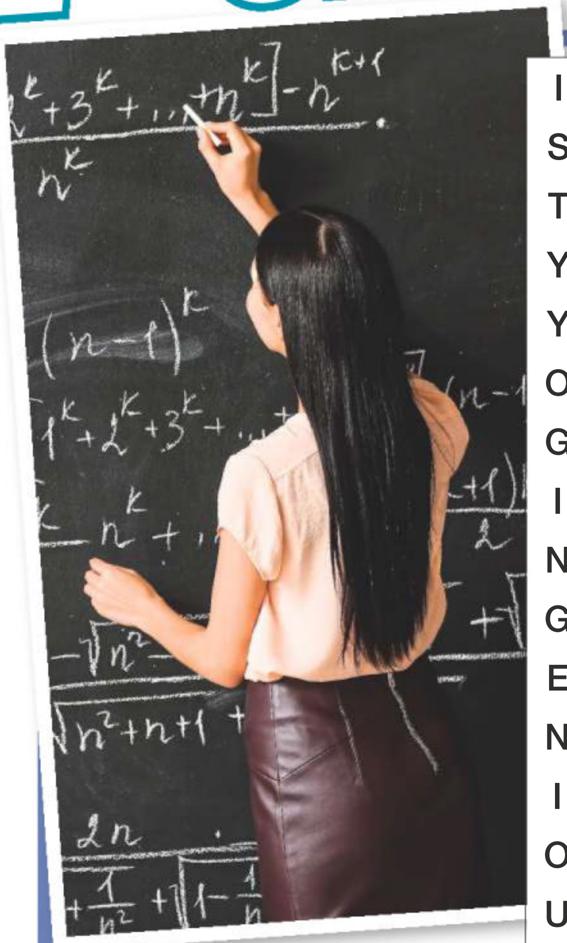
25	1	16	4	16	1	14	■	24	20	14	■	10	1	16	23	■	5	8	9
							■				■					■			

3	11	■	21	1	20	5	20	9	10	■	14	2	25	16	1	12	8	1	14
		■								■									

Pictures Shutterstock

Continued over the page...

Puzzles contin



PURE GENIUS

If you're a bit of an egghead, you'll love this 'clever' wordsearch.

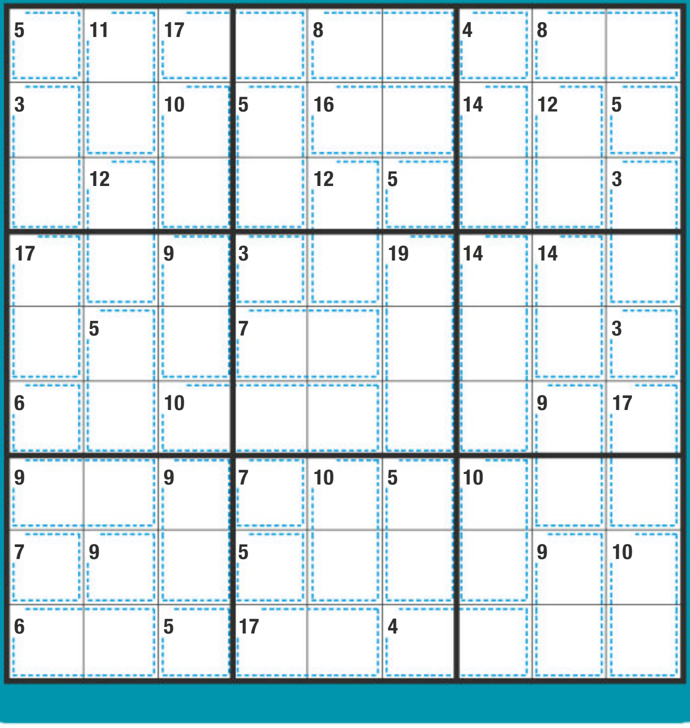
I	G	N	I	W	O	N	K	C	L	T	E	T	X	D	W	A	E	J
S	N	N	I	A	R	E	I	V	R	N	N	T	M	E	S	V	R	G
T	S	T	R	D	E	T	N	E	L	A	T	D	F	T	I	L	K	H
Y	T	T	E	Z	I	C	P	U	I	G	F	Q	U	T	D	A	I	B
Y	N	R	S	L	T	O	N	L	E	E	I	T	A	I	U	C	R	D
O	E	E	O	N	L	M	L	I	S	L	E	N	Y	W	P	I	E	L
G	I	P	U	E	S	I	I	L	A	E	I	S	N	K	M	T	R	I
I	C	X	R	L	R	C	G	H	E	G	T	A	K	C	F	C	B	E
N	I	E	C	B	Y	S	L	E	A	C	U	T	E	I	C	A	L	L
G	F	R	E	A	D	Y	U	M	N	Y	D	O	G	U	L	T	U	T
E	O	Y	F	P	N	R	I	A	R	T	F	U	L	Q	B	F	E	N
N	R	C	U	A	A	A	I	T	E	F	F	D	C	U	T	L	U	N
I	P	M	L	C	H	B	C	R	I	I	O	G	S	C	N	T	S	L
O	A	G	N	I	T	A	R	T	E	N	E	P	A	D	E	P	T	E
U	R	I	O	P	R	Y	N	I	A	R	B	T	N	U	T	E	H	L
S	U	O	I	C	A	G	A	S	G	A	S	V	D	W	E	R	H	S
D	E	R	O	P	M	C	T	K	S	H	A	R	P	S	P	O	I	B
T	O	R	Y	E	S	S	U	O	R	E	T	X	E	D	M	G	U	C
S	N	A	E	L	N	R	O	E	W	S	L	T	E	F	O	D	O	H
N	E	I	C	M	U	E	I	R	T	E	S	P	I	L	C	R	G	O

ACUTE
ADEPT
ARTFUL
ASTUTE
BRAINY
BRIGHT
BRILLIANT
CAPABLE
COMIC
COMPETENT
CRAFTY
DEXTEROUS
ELEGANT
EXPERT
GIFTED
HANDY
IMAGINATIVE
INGENIOUS
INTELLIGENT
KNOWING
NIFTY
PENETRATING
POLITIC
PROFICIENT
QUICK-WITTED
READY
RESOURCEFUL
SAGACIOUS
SHARP
SHREWD
SKILFUL
SMART
SUBTLE
TACTFUL
TACTICAL
TALENTED
WITTY

ued...

KILLER SUDOKU

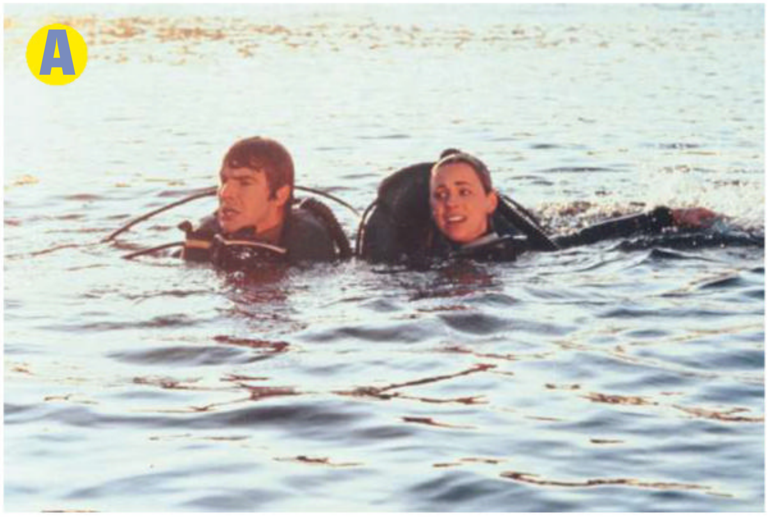
Killer Sudoku is based on the traditional sudoku grid and every column, every row and every 3x3 box must contain the digits 1 to 9. But there's a twist – the dotted squares must be filled with numbers that add up to that in the left corner.

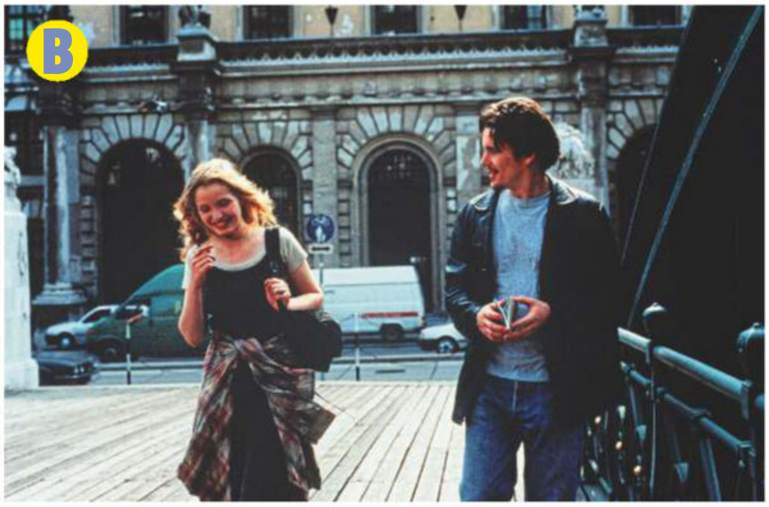


5	11	17		8		4	8	
3		10	5	16		14	12	5
	12			12	5			3
17		9	3		19	14	14	
	5		7					3
6		10					9	17
9		9	7	10	5	10		
7	9		5				9	10
6		5	17		4			

GUESS THE MOVIE

Can you name these famous films from looking at just one scene?





Pictures Shutterstock

THIS WEEK'S SOLUTIONS

BITS & PIECES

B	R	I	D	G	E	■	S	P	E	E	D
A	■	D	■	■	X	■	P	■	X	■	E
C	O	I	N	C	I	D	E	N	T	A	L
O	■	O	■	■	T	■	C	■	O	■	A
N	O	T	C	H	■	P	U	L	L	E	Y
■	W	■	O	■	M	■	L	■	■	■	■
F	L	A	M	B	O	Y	A	N	T	■	A
A	■	■	P	■	T	■	T	■	R	U	G
S	I	T	E	■	O	P	E	R	A	■	E
T	■	U	L	T	R	A	■	O	P	E	N
E	B	B	■	R	■	P	■	T	■	■	C
N	■	E	L	E	M	E	N	T	A	R	Y
■	■	■	■	A	■	R	■	E	■	A	■
S	T	R	I	D	E	■	I	N	E	P	T
W	■	E	■	M	■	L	■	■	X	■	R
A	R	C	H	I	T	E	C	T	U	R	E
M	■	A	■	L	■	A	■	■	D	■	A
P	U	P	I	L	■	F	O	R	E	S	T

GUESS THE CELEB

A Adele
B Freddie Prinze Jr.

WHAT ON EARTH?

Chalk sticks

ROUND SUM

20

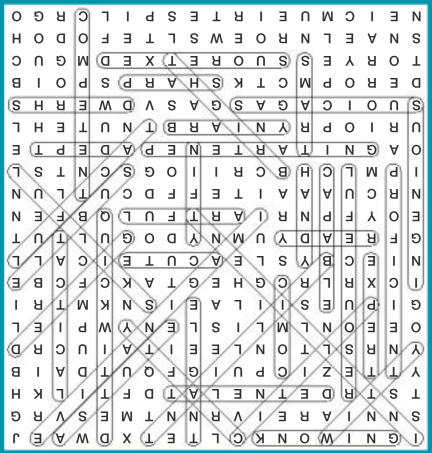
CODEBREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
R	U	T	F	V	K	X	A	N	G	O	C	Q
14	15	16	17	18	19	20	21	22	23	24	25	26
S	J	E	W	L	Z	I	D	M	Y	H	P	B

■	P	■	H	■	J	A	B	■	S	■	W	■	D	■
M	O	B	I	L	E	■	E	X	P	O	R	T	E	D
■	K	■	D	■	T	■	A	■	E	■	Y	■	V	■
F	I	X	■	S	T	I	C	K	E	R	■	Z	I	P
■	N	■	S	■	Y	■	H	■	D	■	M	■	C	■
E	G	R	E	T						F	A	Z	E	D
Q	■	■	C	■						■	J	■	■	W
U	N	C	L	E						G	E	N	R	E
A	■	■	U	■						■	S	■	■	L
L	E	A	D	S						S	T	I	L	L
■	Q	■	E	■	N	■	S	■	R	■	Y	■	O	■
R	U	T	■	P	O	R	T	I	O	N	■	C	U	E
■	A	■	S	■	V	■	A	■	O	■	A	■	D	■
S	T	R	I	D	E	N	T	■	S	I	S	T	E	R
■	E	■	T	■	L	■	E	A	T	■	S	■	R	■

Celebrity Paddy McGuinness **Fact** Prefers his grey van to driving supercars.

WORDSEARCH



I	G	N	I	W	O	N	K	C	L	T	E	T	X	D	W	A	E	J
S	N	N	I	A	R	E	I	V	R	N	N	T	M	E	S	V	R	G
T	S	T	R	D	E	T	N	E	L	A	T	D	F	T	I	L	K	H
Y	T	T	E	Z	I	C	P	U	I	G	F	Q	U	T	D	A	I	B
Y	N	R	S	L	T	O	N	L	E	E	I	T	A	I	U	C	R	D
O	E	E	O	N	L	M	L	I	S	L	E	N	Y	W	P	I	E	L
G	I	P	U	E	S	I	I	L	A	E	I	S	N	K	M	T	R	I
I	C	X	R	L	R	C	G	H	E	G	T	A	K	C	F	C	B	E
N	I	E	C	B	Y	S	L	E	A	C	U	T	E	I	C	A	L	L
G	F	R	E	A	D	Y	U	M	N	Y	D	O	G	U	L	T	U	T
E	O	Y	F	P	N	R	I	A	R	T	F	U	L	Q	B	F	E	N
N	R	C	U	A	A	A	I	T	E	F	F	D	C	U	T	L	U	N
I	P	M	L	C	H	B	C	R	I	I	O	G	S	C	N	T	S	L
O	A	G	N	I	T	A	R	T	E	N	E	P	A	D	E	P	T	E
U	R	I	O	P	R	Y	N	I	A	R	B	T	N	U	T	E	H	L
S	U	O	I	C	A	G	A	S	G	A	S	V	D	W	E	R	H	S
D	E	R	O	P	M	C	T	K	S	H	A	R	P	S	P	O	I	B
T	O	R	Y	E	S	S	U	O	R	E	T	X	E	D	M	G	U	C
S	N	A	E	L	N	R	O	E	W	S	L	T	E	F	O	D	O	H
N	E	I	C	M	U	E	I	R	T	E	S	P	I	L	C	R	G	O

KILLER SUDOKU

5	3	9	8	2	6	4	1	7
2	8	4	1	7	9	6	3	5
1	7	6	4	3	5	8	9	2
8	5	7	3	9	4	2	6	1
9	4	2	6	1	7	5	8	3
6	1	3	2	5	8	7	4	9
3	6	1	7	4	2	9	5	8
7	9	8	5	6	3	1	2	4
4	2	5	9	8	1	3	7	6

GUESS THE MOVIE

A Jaws 3
B Before Sunrise

*NB for Prize Puzzles information, see page 53

ALL ABOARD!

These celebs love a boat trip

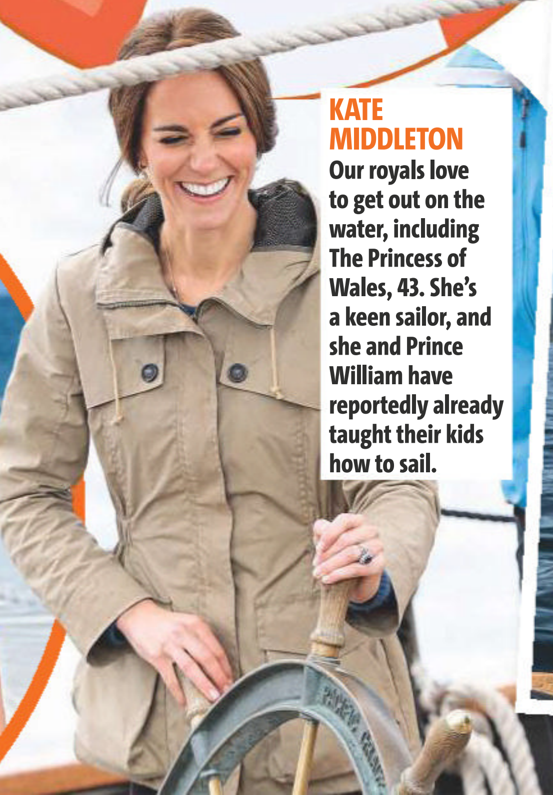
ALAN CARR AND AMANDA HOLDEN
It's no secret that these besties love to get away given their various BBC travel shows, so it's hardly surprising that Alan, 48, and Amanda, 54, enjoy a little boat ride too.

BRAD PITT & GEORGE CLOONEY
Longtime pals Brad, 61, and George, 64, love to arrive in style – and at the Venice Film Festival last year that required a boat.

LADY GAGA
We all know this 39-year-old *A Star Is Born* actor loves the Shallow, but she's not picky – she also loves the deep blue sea...

RUTH LANGSFORD
Former *This Morning* star Ruth, 65, is always camera-ready, even when she's at sea. Time for her close up!

LIZZO
The 37-year-old singer looked *Good as Hell* celebrating Labour Day weekend with a cocktail in a statement wrap and sunglasses.



KATE MIDDLETON
Our royals love to get out on the water, including The Princess of Wales, 43. She's a keen sailor, and she and Prince William have reportedly already taught their kids how to sail.

KOURTNEY KARDASHIAN
The 46-year-old mother-of-four soaks up the sun wherever she can find it. She has become known for her daring fashion looks – which now include elbow-length gloves at sea!

By Sarah O'Byrne, **Pictures** Instagram, GC Images, Getty, Twitter

Presenting the exclusively crafted

Daughter's Gift

24-CARAT GOLD-PLATE & DIAMOND PENDANT

DAUGHTER'S GIFT DIAMOND PENDANT

Bale hand-set with a Genuine Diamond

The perfect gift of love for your precious Daughter

Dear Daughter,

This is a very special gift
That you can never see
The reason it's so special is
It's just for you from me.

Whenever you are lonely,
or even feeling blue
You only have to hold this gift
and know I think of you.

You never can unwrap it
Please leave the ribbon tied.
Just hold the box close to your heart
It's filled with Love inside.

The relationship between a mother and daughter is like none other, filled with a special kind of love, happiness shared, and bright hopes for the future. Now, celebrate the gift of this cherished bond with the *Daughter's Gift Diamond Pendant.*

A brilliant-cut solitaire diamond, shimmering rhodium-plating & rich 24-carat gold-plating

The *Daughter's Gift Diamond Pendant* is an exclusive design, finely handcrafted using brilliant rhodium plating – **the preferred choice for fine jewellery** because it's more precious than silver, doesn't tarnish and offers a luxurious silver-tone finish. Like a precious package tied with a ribbon and bow, this glittering pendant is an exquisite reminder of a love that truly is *a gift*. A sparkling **genuine diamond** adds beauty and value, and the pendant is finished with a delicate 18-inch (45.7cm) rhodium-plated chain.

Exquisite down to the last detail ... and an exceptional value

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Touching Daughter's Gift poem included at NO EXTRA CHARGE!

Poem written by Jerry Knoll © 1983 Abbey Press Poem © The Bradford Exchange. * S&S - Shipping & Service. Offer applies to UK only. Our guarantee is in addition to the rights provided to you by consumer protection regulations.
01-07393-001

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Shown approx. actual size

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Or call on 0333 003 0019

Lines are open: Mon-Thurs 10-6 Fri 9-5 Sat 9-4

and quote reference code 464873

Scan me!

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PRIORITY ORDER FORM

Please Respond Promptly

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YES! Please order__(Qty) of the ***Daughter's Gift Diamond Pendant*** for me as described in this advertisement. I need PAY NOTHING NOW!

Complete today or Call 0333 003 0019

Title.................. Name.. (PLEASE PRINT)

Address..

....

Postcode.................................... Phone...

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Code BREAKER

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I'd spent a childhood believing Mum had abandoned me. Then one day, Dad sat me down, and I learnt the shocking truth... By Helen Danso, 44

'Mum, is it really you?'

'I've missed you so much'

EARN UP TO £1000!

T&Cs APPLY

DISCOVERED YOUR LONG-LOST FAMILY?

Helen Danso grew up believing her mum had abandoned her, until her dad revealed he'd kidnapped her from their home in Ghana and brought her to the UK. After his death, Helen finally spoke to her mother, who'd spent years trying to find her. Sadly, her mum died before they could meet, but Helen forged an amazing connection with the family she'd been stolen from.

Helen used The Story People to share her family reunion story, and you can too.

The Story People

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